



Master Practitioner Manual



● Introduction

Welcome to this Mind Detox Master Practitioner Course from the award-winning Mind Detox Academy.

This is our most comprehensive course ever for becoming a specialist in curing the mind-based causes of physical, emotional and life issues. You will learn the 5 Core Causes principles and protocols, the Advanced 5 Step Method (for working on root cause events stemming from beyond this lifetime, and even on future events!) and additional advanced methods for clearing unconscious conflicts.

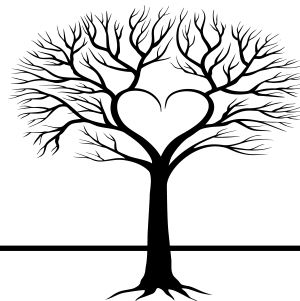
Including online training resources, co-coaching sessions with your fellow students and online meetings with your very own dedicated assessor/mentor. You'll gain an expert understanding, a proven toolkit and priceless skills that are rare in the fields of meditation, coaching and therapy.

I wish you infinite peace and limitless love.



Sandy C. Newbigging

Principal Trainer
Mind Detox Academy



● Course User Guide

3 PART COURSE

The Master Practitioner course is divided into 3 primary parts:

1) The 5 Core Causes

For this part, you will learn principles (listed in the Talk Assessment Trackers) and recommended protocols for applying the principles. You are required to learn the principles and how to share the protocols with others.

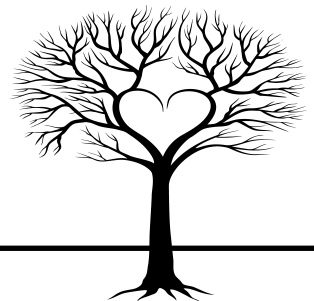
2) Advanced 5 Step Method

For this part, you will learn the Advanced script and gain experience using it with safely and effectively with others.

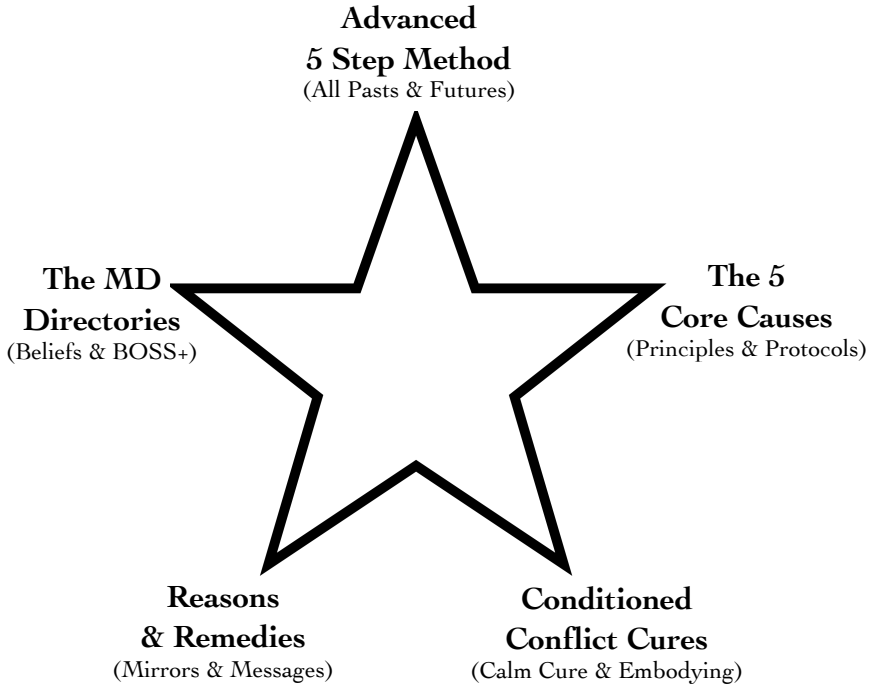
3) Reasons & Remedies

For this part, you will learn more common causes and cures.

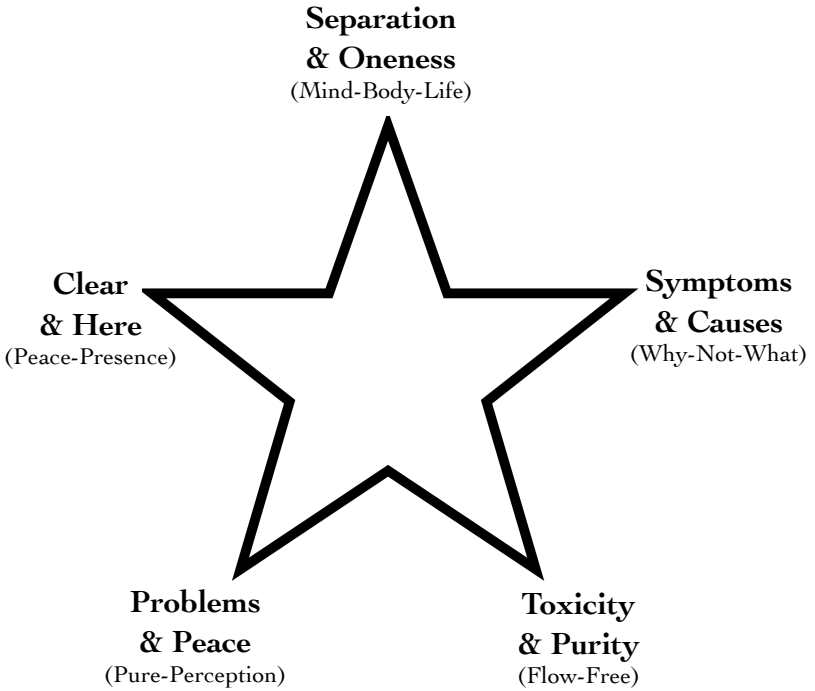
AIM: To be able to know and use all relevant principles, protocols and primary methods during one-one sessions.



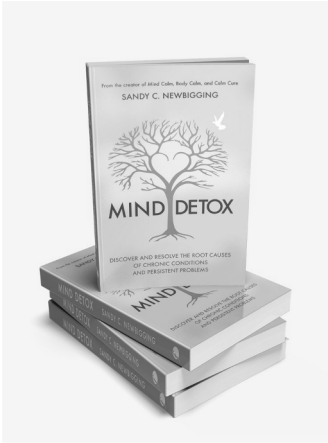
● Methods



● **Mindset**

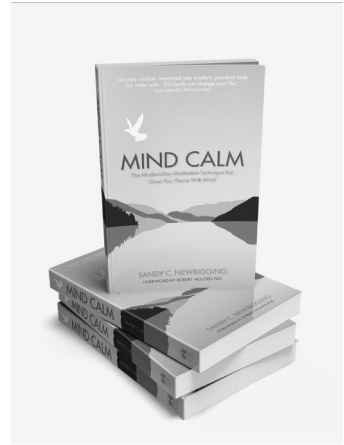


Recommended Reading



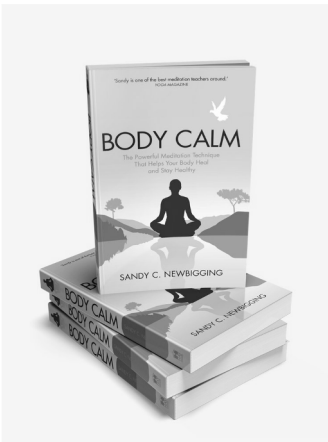
MIND DETOX

Discover and Resolve the Root Cause of Chronic Conditions and Persistent Problems



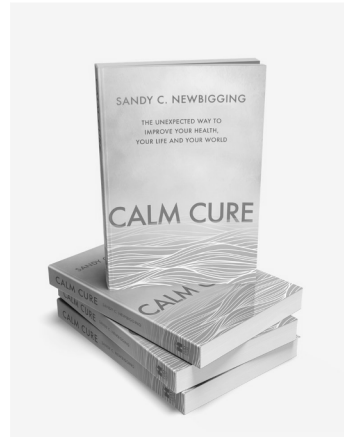
MIND CALM

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



BODY CALM

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



CALM CURE

The Unexpected Way to Improve Your Health, Your Life and Your World.

5 Core Causes

Part One



INTRO : The 5 Core Causes

WHY?

The 5 Step Method is best used as an 'intervention' to discover and resolve the mind-based root cause(s) of a specific issue – by getting peace with the unresolved past events and cleaning toxic beliefs. However, there are more contributing factors and potential reasons *why* someone may end up with a physical, emotional or life problem.

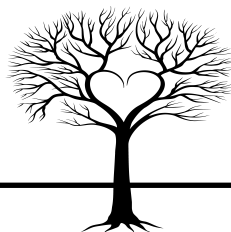
WHAT?

The 5 Core Causes are: Over-Think, Over-Feel, Over-Time, Over-Control and Over-Do. For each of the causes, there are powerful principles for gaining a better overall mindset and improved relationship with our mind, emotions, and life.

HOW?

When working with a client, your intention is to look out for any of the 5 Core Causes that may be contributing to your clients issue(s). For example, they may present 'anxiety' and you see they have an unhealthy relationship with intense energy.

When introducing clients to the 5 Core Causes, you will teach the appropriate principles (see Talk Assessment Trackers) and then teach the recommended protocols. These protocols are usually set as 'homework' for the client to do between sessions.

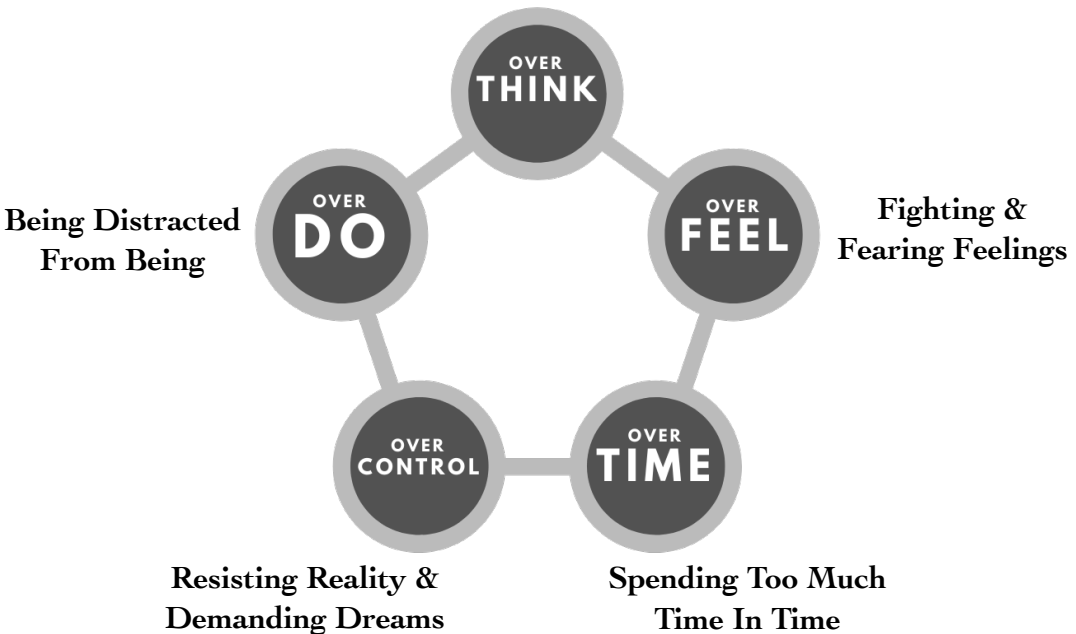




5 Core Causes

Overview

Living In A
Mind-Made World



CC#1 : Overview : OVER-THINK

SUMMARY

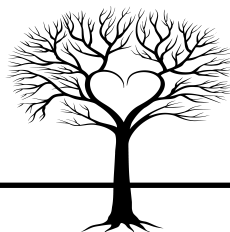
You spend too much time in your mind over-thinking and/or you've picked up beliefs that harm your health and limit your life. You need to learn how to think less, get 'peace with your mind', rely more on intuition and wisdom, improve your belief system, and use your mind as a tool (instead of it using you).

PRINCIPLES

- Over-Think = Living In A Mind-Made World
- The 5 Step Method reduces the compulsion to over-think about unresolved past memories or fearful future scenarios.
- Principles for healing our relationship with our mind and living less reliant on thinking our way through each and every day.
- T1 : Principles : OVER-THINK

PROTOCOLS

- GAAWO: *For being clear and here*
- Counting Thoughts: *For when lost in compulsive thinking*
- Special Stories: *For depersonalizing thinking patterns*
- Real Required Relevant: *For questioning the need to think*
- Real Life: *For living less in an unreal imagined life*
- 5-Step Method: *For cleaning toxic beliefs and resolving memories*



CC#1 : Principles : OVER-THINK

T1 Talk Assessment Tracker	PASS
Over-thinking is a core cause of mental stress, physical sickness, emotional unease, relationship conflict, persistent life problems.	
We do not need to think as much as we think we do! If thinking was natural & beneficial it would not cause so many downsides.	
When over-thinking, we 'physicalize our psychology', 'feel our thinking', 'project our impure perceptions', 'live our limitations'.	
Thinking less = Stress less. Emotions => Enlivening. Perceptions => Empowering & Peace-Promoting. Problems => Possibilities.	
'No mind, no problem' (Buddha) The mind is a judgmental commentator. It judges you & your life as good/bad, right/wrong, better/worse, positive/negative, should/shouldn't.	
Facts or Fictions? Real or Imagined? There is a difference between what we think happens & what really happens (reality).	
Why do we over-think? 1) We think our thoughts are real, required & relevant. 2) We believe the voice in our head is true.	
By observing the mind you see it is a tickertape of temporary thoughts that create a series of repetitive old stories about your self & life - making us walking talking self-fulfilling prophecies..	
How do we think less? 1) Learn to let go of the current thought 2) Rediscover the still silent awareness that is always aware. 1) Let Go - [Red Car Analogy] 2) Be Still [Blue Sky Analogy]	
Know you are not your thoughts. See the story don't be the story. Stop believing your self-image by being your Real Self.	
Mind mastery comes from being able to use your mind, instead of your mind using you. 'Pick it up, use it, put it back down'	
An unhealthy relationship with mind = Compulsion to over-think. A healthy relationship WITH mind = Being still & surrendered.	
Misused mind dreams up problems, disempowers & postpones peace. Mastered mind presents possibilities, power & peace.	

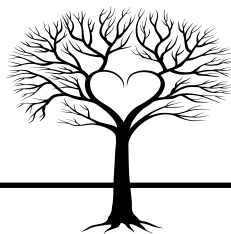
CC#1 : Protocols : OVER-THINK

GAAWO [Quick Guide]

For being clear and here

'GAAWO' is a remarkably easy way to calm and clear your thinking mind and live more in the present moment. GAAWO is an acronym for 'Gently Alert Attention Wide Open'. Here's how to engage it now:

1. Look at something that's straight ahead of you
2. Relax your gaze and without moving your eyes, let your field of vision spread to the right and left
3. Use your peripheral vision simply to notice what is there
4. Now do the same, both upwards and downwards
5. Use your peripheral vision simply to notice what is there
6. Let your field of vision spread as far as possible to the left, right, above and below
7. Be Gently Alert Attention Wide Open (GAAWO)
8. Notice that your mind is clear and you are more here and now.



CC#1 : Protocols : OVER-THINK

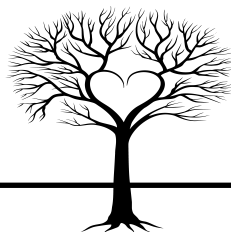
GAAWO [Full Script] **For being clear and here**

“Relax your gaze to let your field of vision spread out to the left and right. Don’t look directly at anything to your left and right. Instead, use your peripheral vision simply to notice what is there. What you can see may be blurred and not in sharp focus; that’s okay. Your intention right now is gently to let your attention open up wide to the left and right.

Now notice what it is like to let your gaze open up wider, both upwards and downwards, again without looking up and down. In your peripheral vision you might be able to see your lap and the colour of the clothes you are wearing. Irrespective of where you are or what you can see, gently let your attention open up to notice both above and below simultaneously.

Continuing to gaze ahead, now notice what it is like to let your attention open up wide to the left and right and above and below so that you are gently alert with your attention wide open. Breathe naturally. You are simply noticing all that your eyes are currently seeing, by being gently alert with your attention wide open.

What’s happening in your mind? Is it busy or calmer and quieter than before engaging GAAWO? Has your inner experience become more restful? Are you thinking about the past or the future, or are you present, noticing the here and now? Can you become aware of an inner quietness or stillness, as you engage GAAWO now? With a little practice you will be able to use GAAWO as you go about your day.”



CC#1 : Protocols : OVER-THINK

COUNTING THOUGHTS

For when lost in compulsive thinking

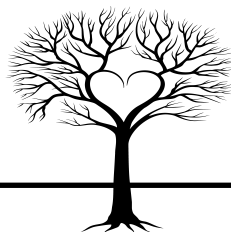
By counting your thoughts you create space between you and your thoughts and rest back into the observer.

1. In a moment I'm going to ask you to count your thoughts. You may have a thought about the exercise. Count it. You may have a thought about earlier or what you need to do later. Count them. You may have the thought that you aren't having any thoughts. Count it. Close your eyes and begin counting your thoughts. (Wait 30 seconds)

2. Slowly open your eyes. How many did you count?

It doesn't matter if you had 3 or 30 thoughts, the main thing is you had more than one, which means thoughts are temporary. You have thoughts, but you are not your thoughts. You are the permanent observer that's aware of your thoughts.

TOP TIP: Let your client know that it is not a competition to have less thoughts. If a new client counts a very small amount, then it usually means they are not yet able to see all of their thoughts - so they may need guidance in knowing what a thought is (i.e. the voice in their head and awareness of a sound are thoughts, for example).



CC#1 : Protocols : OVER-THINK

SPECIAL STORIES

For depersonalizing thinking patterns

Use if past/future stories are preventing present peace.

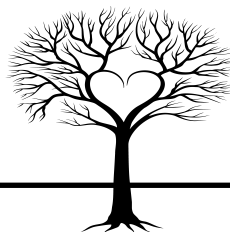
- Notice if you are busy thinking about a familiar story that is cause stress and/or distracting you from the here and now.
- Engage GAAWO. Notice if you can engage GAAWO and continue to think about the story. If the story continues, then:
- Give the story a name. For example, if you always feel left out or left behind, you might call it your “*Cinderella Story*”. If you feel anxious, then you could call it your “*Scared of My Own Shadow Story*”. It is helpful if you keep the name of the story light-hearted and funny to you.
- Once you have a name that summarizes the special story, say out loud or think: “This is just my (insert name) story”.
- Then re-engage GAAWO and be willing to let the story go.

REAL REQUIRED RELEVANT

For questioning the need to think

We feel compelled to over-think (and in doing so miss our Real Self and Real Life) because we believe our mind is real and relevant, and that thinking is always required to be well, safe, and successful.

One protocol to play with, if caught up in your mind, is to ask if your current thoughts are real, relevant or required?



CC#1 : Protocols : OVER-THINK

REAL LIFE

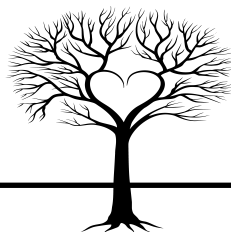
For living less in an unreal imagined life

There is a big difference between your *real life* and your *imagined life*. Your real life is whatever is happening right now and your imagined life is everything else. Yes, *everything* else, and in all other times!

Between now and our next meeting, explore if this is true for you.

Although it may appear that your life circumstances are happening now, they are not. Right now you are having this session with me, for example. Everything beyond the immediate moment happens only in the mind and imagination.

To remember and start thinking about any problem in your life you need to move your attention away from *this moment* to thoughts about the problem. The more you can remain attentive to your real life, the less of a big deal your imagined life is, ever.



CC#1 : Explore : OVER-THINK

Provide examples, from your own personal experience and what you've observed in others, why Over-Think can cause:

Mental Stress	
Physical Illness	
Emotional Issues	
Relationship Conflict	
Life Problems	

Provide examples of how you have personally benefited by applying the Over-Think principles & protocols to your life:

Mental/Emotional	
Physical	
Relationships	
Life in General	

CC#2 : Overview : OVER-FEEL

SUMMARY

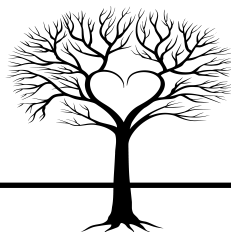
You are prone to feeling bad and find yourself fighting intense feelings like fear or anxiety. Most people waste a huge amount of time, energy and money trying to make and keep their mind happy. To befriend your feelings and consistently feel better you need to 'purify your perceptions' and gain a healthier relationship *with* emotions.

PRINCIPLES

- Over-Feel = Fighting And Fearing Feelings
- The 5 Step Method changes beliefs and perceptions – for finding peace with the past and reacting less with 'negative' emotions.
- Principles for healing our relationship with emotions and harnessing their power to heal, create, and live our purpose.
- T2 : Principles : OVER-FEEL

PROTOCOLS

- GAAWO: *For seeing there's more than the current feeling*
- Hello Emotions: *For finding peace with emotions*
- Double-Sided Eyes: *For dissolving intense emotions*
- One-Love: *For letting go of labels & experiencing love*
- OM Love Sitting: *For letting love fill our body & being*
- 5-Step Method: *For detoxing problematic events & perceptions*



CC#2 : Principles : OVER-FEEL

T2 Talk Assessment Tracker	PASS
Over-feeling is a core cause of mental stress, physical dis-ease, emotional issues (such as anxiety) & not living our life purpose.	
To feel different we need to learn how to feel differently - by relating to inner energy/emotions in a healthier/liberated way.	
We are raised to believe in the myth of 'positive' & 'negative' emotions. This conditioning causes us to frequently fight our feelings. What we resist persists, what we fight, fights back.	
Standard self-help strategies to feel better focus on managing & manipulating emotions => Unhealthy & unhelpful side-effects.	
Suppressing emotions causes blockages, reduces healing life force, disempowers, prevents purpose. [Orient Express Analogy]	
It's completely natural, normal and necessary to feel a spectrum of emotional energies every day. You are not broken to feel lots!	
Emotional freedom is the willingness to experience all emotions. Intense emotions are your inner power – Breathe & embody.	
Emotional manipulation: What am I feeling? Why am I feeling this way? What can I fix or improve to change how I'm feeling?	
You are not your emotions. All emotions are temporary, but the power, peace & presence of awareness is permanently present. Knowing this enables you to calmly coexist with all emotions.	
The awareness that's aware of anxiety etc. is not anxious. The awareness that is aware of emotions is calm, well & free, always.	
There is always much more happening now than what you happen to be feeling. Focus less on the feelings, more on now.	
Peace is not the absence of emotions. Peace is a state of being, Feel your feelings without losing sight of your Real Self/Reality.	
Let go of labels & experience purely from awareness to explore if what you are feeling is love, actually. [Sand/Box Analogy]	
When living present & aware, we feel more for less time. Each new moment invites a new emotion. It's enlivening & liberating.	

CC#2 : Protocols : OVER-FEEL

HELLO EMOTIONS

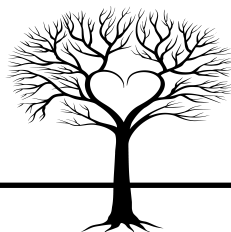
For finding peace with feelings

Are you resisting how you are feeling? Lost in your emotions?
In moments like these, when fighting your feelings, do the following:

- 1) Ask: *What emotion are you aware of right now?*
- 2) Ask: *Where do you feel the emotion in your body?*
- 3) Once you've named and located the emotion, turn your attention towards it and say in your mind or aloud the following:
"Hello energy, thank you for passing through. You are welcome to hang out as long as you want." Invite the client to breathe nice and deep and easy, allowing the energy to be within the body.

WHY THIS WORKS: The first two steps help you to be the observer of the emotion rather than so caught up in it. The simple statement in Step 3 holds within it the intention to allow rather than resist, which helps you to find "peace with" the fleeting feeling. Lastly, we tend to hold our breath when we don't want to feel something, so breathing properly enables the energy to move around your body and helps you to feel empowered by its energetic intensity.

TOP TIP: Don't do this protocol to make the emotion go away.



CC#2 : Protocols : OVER-FEEL

DOUBLE-SIDED EYES

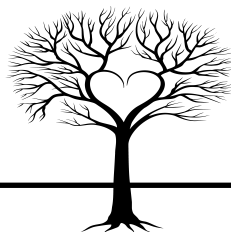
For dissolving intense emotions

If struggling with an intense negative emotions and finding it hard to allow it to be present within you, then play with this protocol, which can help the energy to reduce and even dissolve completely.

- 1) NAME IT – ‘What emotion are you feeling?’
- 2) LOCATE IT – ‘Where in your body is the emotion?’
- 3) COLOUR IT – ‘If the emotion had a colour, what would it be?’
- 4) WATCH IT – ‘While maintaining some attention outwards on that external point of reference, pretend that you have double-sided eyes and look back, in and down towards the energy.’
After a few moments, ask: ‘What happens to the energy?’

TOP TIPS:

- If it doesn't change the energy, or the energy becomes more intense, then it's usually because the person has 'dropped into the energy' and is not looking back, in and down from behind their eyes. Keep repeating 'back, in, and down' (while they are doing the protocol to ensure they follow the instructions and don't default into the old way of identifying into the feeling).
- Holding our breath prevents energy from moving. Invite the client to breathe nice and deep and easy as they do this protocol.



CC#2 : Protocols : OVER-FEEL

ONE-LOVE

For letting go of labels & experiencing love

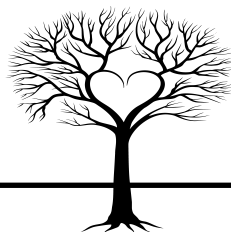
You know what you are feeling, right? We assume so. However, how you know what you are feeling? We've been taught different names (or labels) for the "different" emotions we experience. But what if they are not 100% accurate labels? Allow me to offer a rather radical suggestion, which can completely transform and improve your relationship with *all* of your emotions. What if you've only ever felt different fragrances of love, fluctuating in intensity?

INSTRUCTIONS

Engage GAAWO by being gently alert with your attention wide open. Place one hand on your heart and one hand on your belly, breathe deeply and allow whatever emotions you are feeling to be present within you, as if you *already* knew that the energy is the presence of love within.

Let go of any specific emotion names or labels that you've been taught, so that you may experience the truth of what you are *really* feeling now. With GAAWO engaged, void of labels and fully willing to let the energy be present within you, what is it like?

Is it possible that during your life you haven't been feeling different (positive or negative) emotions, but rather *only* different frequencies and intensities of the same, one, universal energy, which is love? Be self-aware as you continue to let go of any labels. Breathe and let love stretch its wide-open wings within and around you.



CC#2: Protocols : OVER-FEEL

OM LOVE SITTING

For mastering the skill of surrender

This enjoyable meditation can help you to practice surrendering control and being open to experiencing all life eventualities.

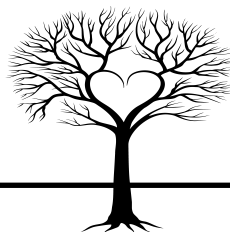
INSTRUCTIONS:

1. Be physically comfortable, close your eyes, and aim to be gently alert with your attention forward and wide open.
2. Think 'OM LOVE' (Focus Point: 'Solar Plexus & Heart')
3. Re-engage being gently alert with your attention forward and wide open while allowing love's peaceful presence to fill your body and being. Repeat steps 1-3 whenever you notice you've been caught up in your mind thinking.

MORE INFO:

- Recommended Meditation Duration – 10-20 minutes
- You can also use this meditation as an open-eyed practice. During your day, whenever you remember to do so, engage GAAWO, think 'OM LOVE' (FP: Solar Plexus & Heart), and then re-engage GAAWO and continue with your day.
- 'OM' is a Sanskrit word, which is known to align our attention with the still silent source/power of creation/life. Whatever thought you marry OM up with in your mind, you can therefore help bring into creation.

RECOMMENDED: Please read Mind Calm and/or Body Calm (especially the chapters on 'Meditation Happenings' – to be aware of what can happen when your client meditates.



CC#2 : Explore : OVER-FEEL

Provide examples, from your own personal experience and what you've observed in others, why Over-Feel can cause:

Mental Stress	
Physical Illness	
Emotional Issues	
Relationship Conflict	
Life Problems	

Provide examples of how you have personally benefited by applying the Over-Feel principles & protocols to your life:

Mental/Emotional	
Physical	
Relationships	
Life in General	

CC#3 : Overview : OVER-TIME

SUMMARY

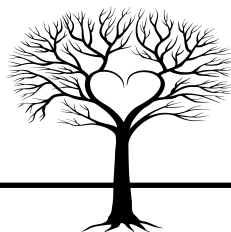
You spend too much time dwelling on the past or future and not enough time in the present moment. You may also be carrying some unresolved past memories that are messing with your present day peace. You need to learn how to 'be here now', finally forgive, and achieve peace *with* the past and future.

PRINCIPLES

- Over-Time = Spending Too Much Time In Time
- 5 Step Method provides peace with the past/future - reducing the reasons to ever feel the need to leave the present moment.
- Principles for healing your ideas about time and living in the now.
- T3 : Principles : OVER-TIME

PROTOCOLS

- GAAWO: *For moving from the mind to the moment (See CC#1)*
- Reality Check: *For tuning into the here and now*
- My World: *For living more in your immediate world*
- Real Life: *For living less in an unreal imagined life (See CC#1)*
- Notice the Now Space: *For a heightened attentiveness (See CC#5)*
- Attention Attunement: *For strengthening your attention (See CC#5)*
- 5-Step Method: *For getting peace with past memories*



CC#3 : Principles : OVER-TIME

T3 Talk Assessment Tracker	PASS
Over-timing is a core cause of excessive mental activity, physical stress & sickness, emotional turmoil (guilt, grief, anxiety)	
Due to the mind-body connection, we have physical reactions to real & imagined events. Thinking about past/future => Stress	
The past & future exist in our mind and imagination. Time is a mind-made idea. There is no gam, 2021, yesterday or tomorrow.	
When thinking about the past/future, we access an unlimited supply of memories, potential problems & reasons to feel bad.	
The present is the only 'time' that is real. Everything beyond this moment is mind-made – a creation of imagination. Therefore Changing the past or future = Changing the mind (imagination).	
There is a direct relationship between believing the past/future is real & the compulsion to over-think about the past/future & the subsequent creation of a multitude of 'negative' emotions.	
Recognise the difference between your real life and imagined life. Real Life = Right Now. Imagined life = Everything Else! Everything beyond this moment is mind-made (imagination).	
Just because it feels real doesn't make it real. Your past/future impacts now when feeling your thinking about either - now.'	
When we know the past/future is not real, we engage it less. When we know the moment is real & sacred, we engage it more.	
There is no such thing as a present moment thought. All of our thoughts are about the past or future. To be present we must let go of the current thought and give 100% attention to right here.	
By returning to the present moment, we return to ourself/reality. Our purpose is presented to us through invitations & inspirations. No need to leave now. Plan while noticing now is happening.	
Mind Detox is not used to 'fix broken-ness' but to reduce the reasons to ever need to leave the unbroken present moment.	

CC#3 : Protocols : OVER-TIME

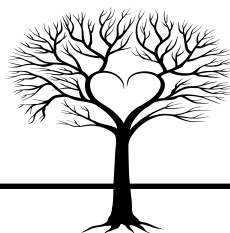
REALITY CHECK

For tuning into the here and now

The more you are in the moment the less you are in your mind and the quieter it naturally becomes. Use this protocol to return your attention to the present moment:

- **Visual:** Notice an object that is currently in your field of vision that you were unaware of previously.
- **Audio:** Notice a sound that is currently occurring in your proximity that you were unaware of previously.
- **Touch:** Notice something that you are physically touching that you were unaware of previously.

Becoming attentive to these visual, auditory and kinaesthetic things in your immediate environment causes your mind to become calm. The power of this protocol comes from noticing what's already been present, but we've not been noticing. This requires a higher-level of present moment awareness, which causes a clearer mind.



CC#3 : Protocols : OVER-TIME

MY WORLD

For living more in your immediate world

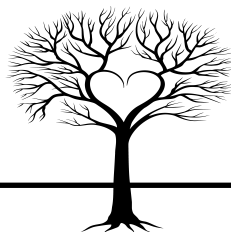
Take a moment to stop and have a look around. Right now, wherever you happen to be, is 'your world'.

We tend to leave 'our world' and reach into 'other worlds' that are not actually happening right here or now. We reach into the 'news world' and accidentally start believing the news is happening in our living room. Or we reach into the 'social media world', read about other people's worlds, and again, can bring things into 'our world' that are upsetting or unsettling, for example.

Play with noticing when you are reaching into 'other worlds'. This exercise can help us to see how often our attention drifts away from now - so we can live less in the mind and more in the present moment.

By staying in our 'here-and-now-world' we can even find that we *already* have 'world peace'. Before rejecting this possibility, give this awareness-raising exercise a go and let me know what you discover.

TOP TIP: One way to stay in your world is to 'be where your body is'.



CC#3 : Explore : OVER-TIME

Provide examples, from your own personal experience and what you've observed in others, why Over-Time can cause:

Mental Stress	
Physical Illness	
Emotional Issues	
Relationship Conflict	
Life Problems	

Provide examples of how you have personally benefited by applying the Over-Time principles & protocols to your life:

Mental/Emotional	
Physical	
Relationships	
Life in General	

CC#4 : Overview : OVER-CONTROL

SUMMARY

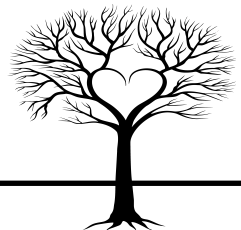
You reactively resist when things do not go to your plan, or feel frustrated, disappointed or discontented about your life. You need to learn how to be less controlling, calm internal conflicts and embrace the full spectrum of life - so you can calmly and confidently face whatever comes your way.

PRINCIPLES

- Over-Control = Resisting Reality & Demanding Dreams
- The 5 Step Method can be used to reduce our resistance to past events and our need to control the future.
- Principles for letting go of control and aligning with the flow.
- T4 : Principles : OVER-CONTROL.

PROTOCOL

- GAAWO: *For letting go of the controller (See CC#1)*
- Common Conflicts: *For clearing unconscious conflicts*
- Realms of Resistance: *For recognizing resistances*
- Areas of Attachment: *For acknowledging attachments*
- Courageous Contentment: *For controlling life less*
- Being Both: *For welcoming the unwanted*
- Surrender Sitting: *For mastering the skill of surrender*
- 5-Step Method: *For curing the causes of conflict and control*



CC#4 : Principles : OVER-CONTROL

A FRUITLESS FIGHT

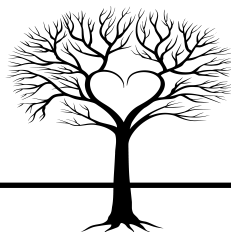
“Stop fighting life. It’s hurting you, making you sick, ruining your relationships & messing with your money. Hidden conflict creates emotional upset: it stresses us out, makes us a victim of circumstance & stands in the way of lasting satisfaction & success.”

THE SPECTRUM OF LIFE

“Life has a way of swinging on a pendulum of possibilities. Sometimes everything will appear to be going great and at other times slide down to the lower end of the desirability scale. Occasionally life will go perfectly to plan and we’ll feel in complete control over our destiny, while during other spells an entirely unexpected plot will present itself and life appears to be spinning light years outside our sphere of influence. Some mornings we wake up filled with focus and feel that the universe is our best friend. Other days, the demands of the diary drag us out of bed and it’s tricky to put one foot in front of the other without tripping up.

Money may fill your bank account during certain financial periods, then at other times it can feel like the tides have turned and all you do is pay out. Perfect health may be present within you and the people you love during certain stages, and then the onset of a physical condition brings unwanted restraints and scuppers your schedule. Relationships can be on the rise with ample social invitations and so much love and light coming your way that you need to invest in a new pair of Ray Bans. Then before long, you aren’t necessarily flavour of the month, with someone somewhere deciding that they no longer like you. Some seasons your team will win and your preferred political party will get voted in, and other seasons... I’m sure by now you get the point. However hard you may try to deny it, life sometimes presents the things you want, the things you don’t think you want and everything in between.”

- Calm Cure, (Hay House Publishing)



CC#4 : Principles : OVER-CONTROL

T4 Talk Assessment Tracker	PASS
Over-controlling is a core cause of over-thinking, dis-ease, negative emotions, relationship conflict & not living our purpose.	
The opposite of control is freedom. The more you need to control your mind, emotions, body or life (to be ok) the less free.	
Control is caused by conflict (resistance + attachment). Resistance rejects, suppresses, fears, fights and pushes away. Attachment needs, pulls, holds on, controls and, again, fears.	
There is a direct relationship between how much we resist life & 'demand different' & the stress/struggle/suffering we endure.	
Life is happening on a spectrum of possibilities. Sometimes we get what we think want, sometimes we don't get it, or surprise. Are you willing to experience all of life, or just some of it?	
Conditioned unconscious conflict. We've been raised to allow what we've been taught to want and reactively resist the rest.	
What we are in conflict with we are connected to and continues. The first step to healing/change is to be at peace with what is.	
Convinced we need to control to be safe and get our goals. Fix It, Change It, Improve It Strategy vs Peace With Life Strategy	
We leave the moment & think to control something. When we surrender control there is very little to think about.	
In the same way that the sky doesn't care what flies through it, awareness is not concerned with what it is aware of. Irrespective of how 'good' or 'bad' life appears to be on the surface, your underlying awareness remains still, calm and well – always.	
Welcome life as it is while taking action and making any changes you want. Our perfect purpose is being presented now.	
<i>"Of course there is no formula for life except perhaps an unconditional acceptance of life and what it brings." A. Rubinstein</i>	

CC#4 : Protocols : OVER-CONTROL

COMMON CONFLICTS

For clearing your unconscious conflicts

RESISTANCE

Judged
Unwanted
Unsupported
Rejected
Ignored
Unheard
Unappreciated
Unrewarded
Criticized
Tired
Misunderstood
Excluded
Wrong
Confusion
Uncertainty
No Control
No time for myself
Limited options
Being on my own
Don't know what to do
Not get my own way
Unable to do what I want

ATTACHMENT

Loved
Wanted
Supported
Accepted
Noticed
Heard
Appreciated
Rewarded
Complimented
Energised
Understood
Included
Right
Clarity
Certainty
In control
Time for myself
Lots of options
Having people around
Know what to do
Get my own way
Able to do what I want

CC#4 : Protocols : OVER-CONTROL

REALMS OF RESISTANCE

For recognising what you're resisting

HEALTH

Are you resisting pain, discomfort and itchiness or bloating? Are you resisting a diagnosis or not knowing if you will heal? Are you resisting not being able to do the things you want because you have a physical condition?

RELATIONSHIPS

Are you resisting your partner's looks, opinions, beliefs, values or habits? Are they not doing what you want or showing you love in the way you want it? Is a family member, friend or colleague not behaving how you want? Are they needy or demanding of your time or attention? When you think of your relationships, which one comes to mind as being problematic? What about the relationship do you not like?

CAREER

Are you resisting your current career path? Do you find it repetitive, boring or uninspiring? Do you dread the daily commute or hate being away from your family? Are the deadlines difficult or is the workload heavy or do you dislike the place? Is the pay bad or is the job security tentative? Do you wish you were doing something different but feel stuck where you are?

MONEY

Are you resisting your current bank balance? Do you struggle to pay the bills, hate counting your cash and wish you were better off? Are your investments underperforming or have you lost money in bad deals? Are you in debt, have a mortgage to pay off or stuck with property or possessions you want to sell but they aren't budging?

ENVIRONMENT

Are you resisting your current living and working environment? Do you wish you lived somewhere else? Do you hate the cold, rain, sun or heat? Do you wish you could work from home, never go back to the office or travel less or more? Does your house need updating or are home improvements taking longer than you had hoped?

CC#4 : Protocols : OVER-CONTROL

AREAS OF ATTACHMENT

For acknowledging your attachments

HEALTH

Are you attached to making your body be a certain shape or weight? Or look a certain way? Do you wish you had a slimmer body, smoother skin, less cellulite, no pimples or scars? Do you wish you were taller, shorter, prettier or more handsome? Will you not be happy or feel confident until you've changed something about your body? Are you attached to a physical condition getting better, or to living longer?

RELATIONSHIPS

Are you attached to a particular person in your life? Do you need your partner to speak to you, look at you or touch you in a specific way? Are you attached to meeting someone new and being in a relationship? Are you attached to people thinking about you positively and being liked?

CAREER

Are you attached to your career? Will you not be happy until your career changes? Do you need job security or wish you were made redundant? Are you attached to getting a promotion or being recognized for the work you do? Are you waiting to be happy when you retire?

MONEY

Are you attached to money? Do you need a certain amount in your bank account to feel confident and secure? Are you attached to your investments doing well? Will you not be happy until you've paid off your credit cards or mortgage? Are you attached to your possessions to the point that you worry about losing them?

ENVIRONMENT

Are you attached to living or working in a specific environment? Will you not be happy until you've moved, emigrated, left home or moved back home? Are you attached to working from home or do you need something to improve at your office or workplace? Will you only be happy when you've done some DIY, got a new kitchen or carpet or made some other home improvement?

CC#4 : Protocols : OVER-CONTROL

COURAGEOUS CONTENTMENT

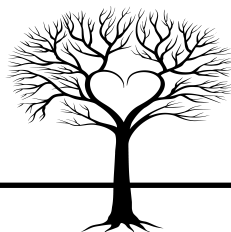
For controlling life less

Few people are willing to let their life be enough because it can take courage let go of control and be contented. We've been taught to need certain things to be well and happy and conditioned to have an unquenchable thirst for more. This can cause us to be in conflict with reality and feel the need to over-control.

INSTRUCTIONS:

1. Clarify what you are currently resisting and/or attached to:
 - [Resistance] What is happening that I do not want?
 - [Attachment] What would I rather experience instead?
2. [For resistance] Think silently or say aloud: 'I can prefer to not want this without pushing it away.'
3. [For attachment] Think silently or say aloud: 'I can want this without needing it.'
4. Then engage GAAWO and consider the following: What is my inner experience like when I let this moment be, as it is?

If you engage letting this moment be enough, there will be a greater sense of calm, contentment and completeness within you.



CC#4 : Protocols : OVER-CONTROL

BEING BOTH [Calm Cure Steps 1 & 2] For welcoming the unwanted

STEP 1 – CLARIFY THE CONFLICT

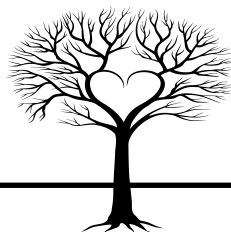
- What is happening that you do not want? *State your root-cause resistance in one word/short phrase.*
- What would you rather be experiencing instead? *This highlights the attachment and when combined with the resistance is the ‘conflict experience’.* Continue when you know the resistance and attachment.

STEP 2 – CALM CO-EXISTING

- Think/Say: ‘All things are possible and I am willing to experience (state the attachment) sometimes and I am willing to experience (state the resistance) sometimes.’
- Rest into the willingness for both possibilities to calmly coexist within you and to sometimes show up in your life.
- On a scale of 0-10, with 10 being very high, how would you rate your willingness for both life experiences to happen?

**This is a streamline version of the Calm Cure protocol.
You can share this version as ‘homework’ for clients to do on their own between your one-one meetings.**

See MORE METHODS for the complete Calm Cure protocol.



CC#4 : Protocols : OVER-CONTROL

SURRENDER SITTING

For mastering the skill of surrender

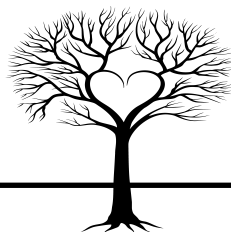
This enjoyable meditation can help you to practice surrendering control and being open to experiencing all life eventualities.

INSTRUCTIONS:

1. Be physically comfortable, close your eyes, and aim to be gently alert with your attention forward and wide open.
2. Think 'OM NAMAHA' (Focus Intention: 'Everything')
3. Re-engage being gently alert with your attention forward and wide open. Repeat steps 1-3 whenever you notice you've been caught up in your mind thinking.

MORE INFO:

- Recommended Meditation Duration – 10-20 minutes
- You can also use this meditation as an open-eyed practice. During your day, whenever you remember to do so, engage GAAWO, think 'OM NAMAHA' (Focus Intention 'Everything'), and then re-engage GAAWO and continue with your day. Repeat as often as you remember to do so.
- With this meditation you are cultivating the willingness to surrender control and be open to experience what life brings – often resulting in a sense of relief and freedom.
- 'OM' is a Sanskrit word, which is known to align our attention with the still silent source of creation/life.
- 'NAMAHA' is also a Sanskrit word, meaning 'Surrender'.



CC#4 : Explore : OVER-CONTROL

Provide examples, from your own personal experience and what you've observed in others, why Over-Control can cause:

Mental Stress	
Physical Illness	
Emotional Issues	
Relationship Conflict	
Life Problems	

Provide examples of how you have personally benefited by applying the Over-Control principles & protocols to your life:

Mental/Emotional	
Physical	
Relationships	
Life in General	

CC#5 : Overview : OVER-DO

SUMMARY

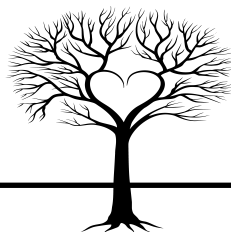
You are a living as a 'human doing' having lost connection with your 'being'. Your days are consumed with the 'content' of your mind and life circumstances. You need to reconnect with your real Self, be 'context aware' and find inner stillness.

PRINCIPLES

- Over-Do: Being Distracted From Being
- IMPORTANT: *The Ultimate Cause is Identify Confusion*
- The 5 Step Method can be used to heal the beliefs that are driving us to over-work and rarely internally rest.
- Principles for shifting your understanding and experience of who you are, and inviting you to be more 'context aware'.
- T5 : Principles : OVER-DO

PROTOCOL

- GAAWO: *For being here now and being still now (CC#1)*
- Notice the Now Space: *For bring context aware*
- Who Cares? *For calming chronic concern*
- Stillness Sitting: *For diving into the depth of your being*
- Attention Attunement: *For strengthening your attention muscle*
- 5-Step Method: *For resolving over-working/inability to relax*



CC#5 : Principles : OVER-DO

T5 Talk Assessment Tracker	PASS
Over-Doing is a core cause of mental anguish & activity, physical dis-ease, emotional struggle, missing the deeper meaning of life	
Classic 'Over-Doing' is working too much/hard, always needing to be doing something, be entertained etc. Becoming/Arriving = Fix It, Change It, Improve It. Being/Returning = Peace + Present	
Over-Doing is caused by identifying in & believing that we are someone/something we are not – An Identity Confusion.	
Who am I? People usually believe they are the voice in their head, emotions, personality, beliefs, values, hobbies & goals, relationship status, job title, nationality, religious preferences...	
Who am I, really? Instead of identifying in the ever-changing & temporary 'thinker/doer', explore the contextual aspect of you – the permanent & unchanging aware presence of being.	
How do you know you have a mind, emotions, body, life circumstances? You are aware of all these temporary 'things'.	
It is easy to become distracted by the temporary content of life (stuff, sounds, movement), and miss the consistent context (space, silence, stillness) & therefore miss our Real Self & Life.	
ASK: Where is your attention most of your day? Is it on the context (thoughts, emotions, life happenings) or on the context?	
Who am I, really? I am the Self that is Aware. Everything else is a mind-made creation or life circumstance that comes and go.	
Everything exists within the context of still silent spaciousness. As we 'feel what we focus on', being context aware = Peace	
To be Self Aware is to be aware of the Self that is Aware. Being Your Self = Peace, Perfection, Power, Potential, Purpose.	
Until we know our Real Self, we will over-do & define ourself in ways that prevent/postpone peace. The more we think, the more stressed/serious. Resting in Being relaxes/ releases.	
The Freedom Formula: Being Your Self & Purifying Perceptions.	

CC#5 : Protocols : OVER-DO

CONTENT

Stuff

Sound

Movement

Mind

Emotions

Time

Control

Doing

CONTEXT

Space

Silence

Stillness

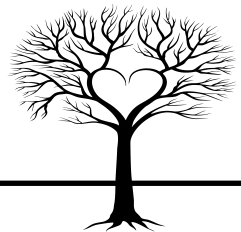
Awareness

Peace

Present

Freedom

Being



CC#5 : Protocols : OVER-DO

NOTICE THE NOW SPACE

For being context aware

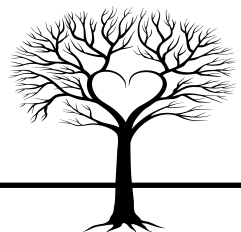
This protocol helps you to practice being context aware i.e. aware of the context of still silence spaciousness that is always present.

When first practicing the protocol, do the following 5 steps:

1. Notice your left shoulder
2. Notice your right foot
3. Notice the space between you and I (or an object)
4. Notice the space around me (or an object)
5. Notice the space in the entire room

As you notice the space in the entire room, give me a word or two that describes your inner experience? (Usual answers include: still, quiet, expansive, relief, freedom etc.)

When practicing this protocol in daily life, only play with 3, 4 or 5.



CC#5 : Protocols : OVER-DO

WHO CARES?

For surrendering seriousness

This protocol helps you to begin to see the part of you that cares, controls, complains etc. so that you can let it go and find freedom.

INSTRUCTIONS:

If you ever notice stress, tension, seriousness, or any sense of concern impacting your peace, simply ask: Who Cares?

By asking this, you want to explore:

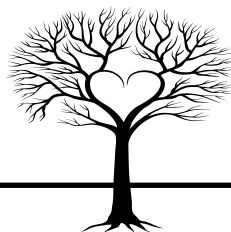
What part of me cares? Is it my mind or is it my being (awareness)?

EXAMPLES:

- What part of me cares about what's happened in my past?
- What part of me has judged/resisted so much of my life?
- What part of me has cared so much about how I'm feeling?
- What part of me has felt sad, scared, anxious, confused etc.?
- What part of me has worried and suffered over my health?
- What part of me has been so concerned over paying the bills?
- What part of me has stressed over my levels of success?

The answer to all of these questions is: the mind, ego, or whatever you call the 'thinker/doer'. The less you identify in the thinker/doer, the more free. Remember: The awareness that is aware, is at peace.

After answering, let go of the mind by resting into your being
(Recommended Protocols – GAAWO or Notice the Now Space)



CC#4 : Protocols : OVER-DO

STILLNESS SITTING

For diving into the depth of Being

This enjoyable meditation can help you to practice being peace.

INSTRUCTIONS:

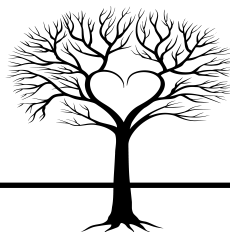
1. Be physically comfortable, close your eyes, and aim to be gently alert with your attention forward and wide open.
2. Think 'STILL' (Focus Intention: 'Within My Entire Being')
3. Re-engage being gently alert with your attention forward and wide open. Hang out for a while, playing with finding the still point within you. Repeat steps 1-3 whenever you notice you've been caught up in your mind thinking.

ALTERNATIVE: Replace 'Still' with either 'Silence' or 'Space'.

MORE INFO:

- Recommended Meditation Duration – 10-20 minutes
- You can also use this meditation as an open-eyed practice. During your day, whenever you remember to do so, engage GAAWO, think 'STILL' (Focus Intention 'My Entire Being'), and then re-engage GAAWO and continue with your day. Repeat as often as you remember to do so.
- With this meditation you are cultivating the ability to engage the stillness within you – found by being more and more gentle.

AIM: Maximum Alertness - Minimum Effort - Maximum Gentleness



CC#5 : Protocols : OVER-DO

ATTENTION ATTUNEMENT

For strengthening your awareness muscle

Most people have a weak attention muscle, causing their attention to be 'grabbed' by anything that passes through their awareness. A weak attention muscle also causes them to drift off into the thinking self, rather than stay in our Real Self.

Use for 30 days to strengthen your attention:

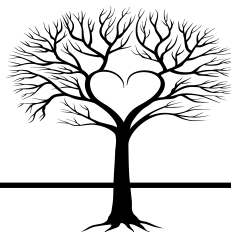
1. Sit comfortably and close your eyes.
2. Be gently alert with your attention forward and wide. If you notice yourself in the content of your mind, simply re-engage being gently alert, and continue.
3. Day 1 = 1 minute | Day 2 = 2 mins | Day 30 = 30 mins.

If you find this exercise difficult, then think this short phrase anytime you notice you've been thinking :

“ CLEAR & HERE ”

[1) Gently Alert 2) 'Clear & Here' 3) Gently Alert]

The goal and purpose of this Attention Attunement is to build up your ability and cultivate the habit of present moment awareness.



CC#5 : Explore : OVER-DO

Provide examples, from your own personal experience and what you've observed in others, why Over-Do can cause:

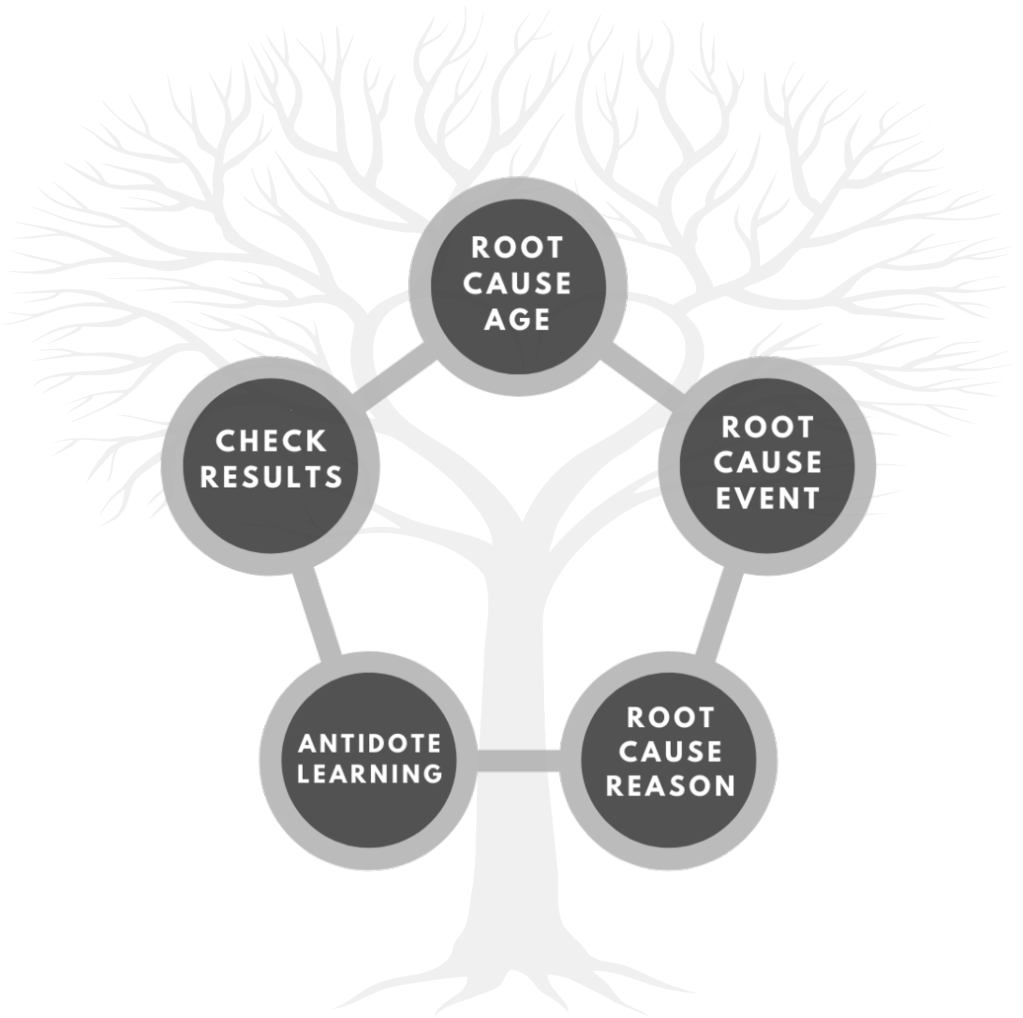
Mental Stress	
Physical Illness	
Emotional Issues	
Relationship Conflict	
Life Problems	

Provide examples of how you have personally benefited by applying the Over-Do principles & protocols to your life:

Mental/Emotional	
Physical	
Relationships	
Life in General	

Advanced 5 Step Method

Part Two



● **INTRO : Advanced 5 Step Method**

WHY?

The 5 Step Method is best used as an 'intervention' to discover and resolve the unconscious root cause reasons of persistent problems. The 5-Step Method works by helping the client to find peace with the unresolved past events and cleanse toxic beliefs. If something negative is happening in a person's mind, emotions, body or life, and they don't know why, then the 5 Step Method can help.

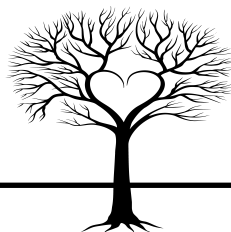
WHAT?

The things that most people consider to be 'problems' are actually symptoms stemming from an unconscious cause. The 5 Step Method is a series of powerful and proven questions that provide a context and framework for a conversation with intent. The intention of the method is to clarify and cure the unresolved experiences and toxic beliefs, which are potentially causing 'problems' today.

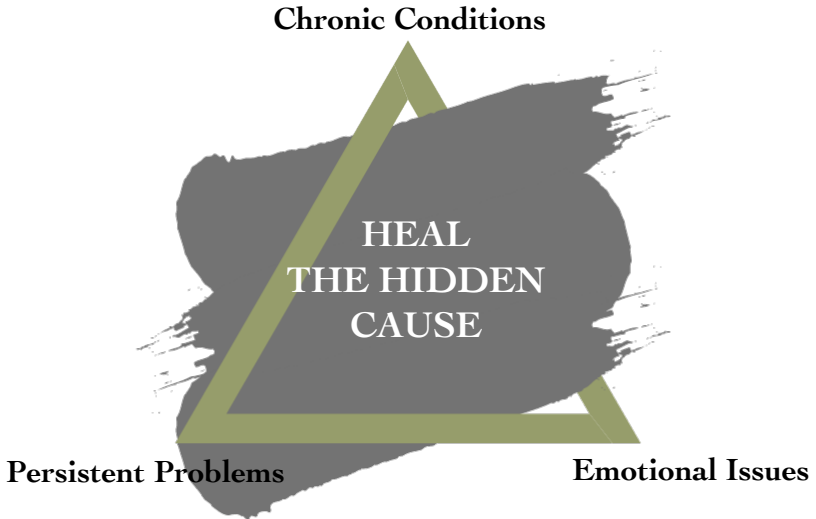
HOW?

When working with a client, your intention is to look out for any current issues that may have an undercover cause. You will begin by getting clear on 'The Problem' - doing your best to work on an 'Ultimate Symptom' that the person is dealing with, and wants healed/stopped.

Once you have clarified 'The Problem', you will then guide your client through the 5-Steps to first find the Root Cause Event and clarify the Root Cause Reason(s). You will then explore positive, loving and liberating 'antidote learnings' with your client, before 'Installing the Knowings' into their body-mind. Finally, you will 'Test the Work' to confirm the benefits and satisfy the client's convincer.



INTRO : Advanced 5 Step Method



CHRONIC CONDITIONS

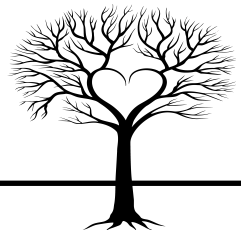
To stop solely treating physical symptoms and instead discover and resolve the possible mind-based root-cause reasons for health conditions.

EMOTIONAL UNEASE

To stop feeling certain 'negative' emotions, such as hurt, anger, sadness, fear, guilt, grief or anxiety, and more easily feel good more often.

PERSISTENT PROBLEMS:

To understand why something 'bad' keeps happening, and again, to discover and resolve the possible root causes of persistent life patterns.



INTRO : Advanced 5 Step Method

Chronic Conditions

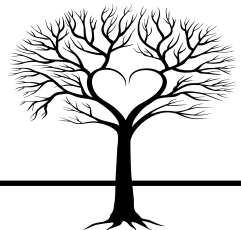


HARMONY FOR HEALTH

The physical body speaks the mind in symbolic ways, often mirroring our beliefs, attitudes and relationship *with* life; so as we improve all three with Mind Detox, the body often reflects these improvements.

The goal with this method is to have such a pure, buoyant and balanced inner climate that any chronic health conditions simply cannot continue.

Stress is also widely regarded as being the most common cause of physical problems on the planet. However, stress is not caused by stress – meaning stress is a symptom too. Perhaps surprisingly, external people or situations do not cause stress. Instead, our inner resistance *to* life does. Mind Detox finds the hidden justifications that are causing certain chronic resistances to certain life events and helps us to live more in harmony *with* our past, present and possible futures. As resistance reduces, so does harmful stress, allowing the body to heal more easily. Experiencing more inner peace, we can discover that harmony heals.



INTRO : Advanced 5 Step Method

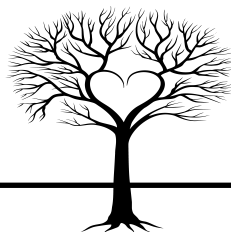


Emotional Issues

PROGRAMMED FOR PEACE

You feel whatever you feel because you *believe it is justified* to feel it. Emotions are driven by the beliefs held within your unconscious mind, meaning they happen without the need for any conscious thought. This is why even though you may want to *stop* feeling certain emotions, such as anxiety or anger, you can continue to feel them.

With Mind Detox we resolve the unconscious causes of feeling bad so that we naturally feel good, more often. We achieve this by recognizing that it is not life events, but our resistance *to* certain life events, that ultimately determines whether we feel good or bad in any given moment. By this rationale, if we want to feel good more often, we need to reactively resist life less. Mind Detox helps us to find and remove the unhelpful assumptions and toxic beliefs that have been secretly *justifying* our chronic resistance to certain life situations. As our inner harmony *with* life rises, feelings of happiness, confidence, peace and love also rise, along with other “positive” emotional states.



INTRO : Advanced 5 Step Method



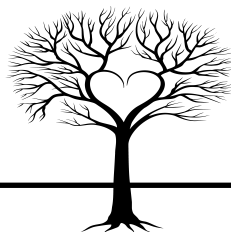
Persistent Problems

BELIEFS FOR BETTER

In a very innocent way, your mind wants to prove your beliefs right. If you have any toxic beliefs relating to your ability to create the life you want, then your mind will do everything it can to make your beliefs a living reality. For example, if you believe that it is hard to make money then your mind will help you to prove that it's hard to make money!

Mind Detox uncovers the past events when we formed unhelpful beliefs and then helps us to come to new conclusions that are more positive and productive beliefs about yourself, other people and the world. With a new and improved belief-set, your mind then goes to work again, but this time proving your new beliefs right, and life success can become easier.

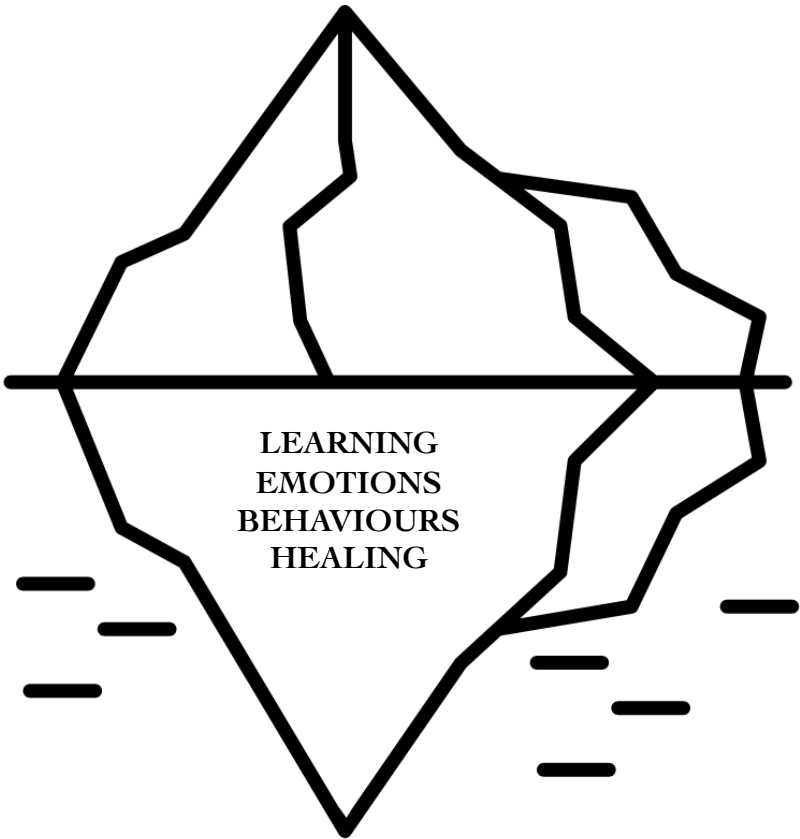
*Mind Detox simplifies therapy, makes self-help helpful and speeds up self-healing
– so everyone is able to enjoy the best life.*



INTRO : Advanced 5 Step Method

UNCONSCIOUS MIND

All learning, emotions, behaviours & healing is taken care of by the unconscious mind.

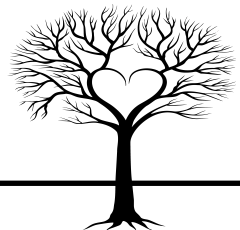


INTRO : Advanced 5 Step Method

FUNCTIONS OF THE UNCONSCIOUS MIND

GOAL: Give the unconscious mind a direct order that preserves the body and is an easier/healthier option to current one.

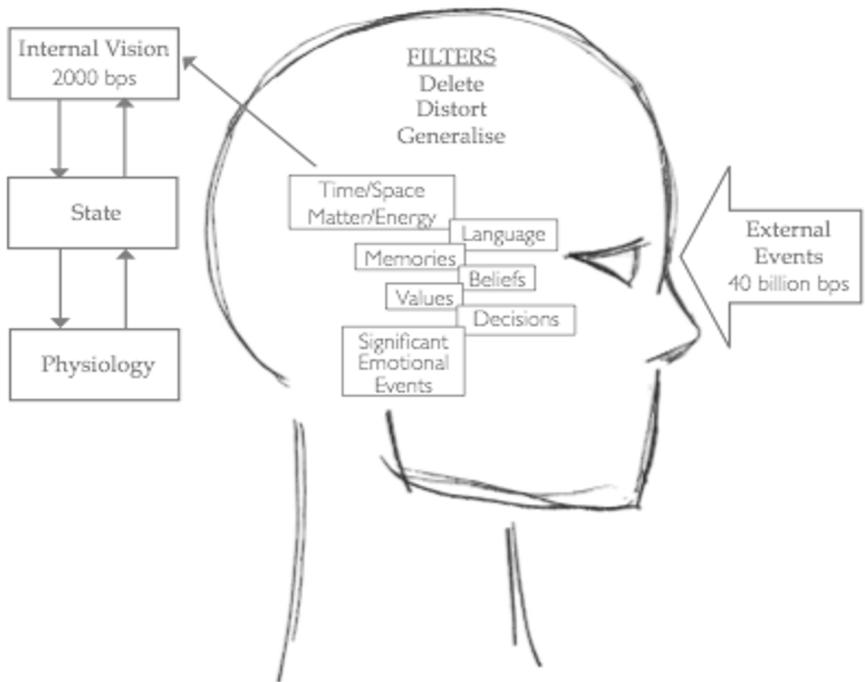
1. Stores and organises memories
2. Makes associations between memories (*Links similar things together*)
3. Represses memories with unresolved negative emotions (*People usually do this by keeping busy/distracted/stimulated*)
4. Presents repressed memories for “resolution” (*Unresolved memories usually come to mind when you are mellow/quiet*)
5. May keep the unresolved events 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. Generates, stores, distributes and transmits “energy”
10. Maintains instincts and generates habits
11. Needs repetition until habit is installed
12. **Enjoys serving**, needs clear orders to follow
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!*



INTRO : Advanced 5 Step Method

DISTORED PERCEPTIONS = NEGATIVE MEMORIES

We don't see, experience or remember life 'as it is', but instead, we see, experience and remember an edited version of reality, based upon our internal filters.



PURIFIED PERCEPTIONS = PEACE + POSITIVITY

- Is there a difference between what *really* happened and what we believe/remember happening?
- Were we looking and experiencing through a mental lens that is clouded by toxic judgements, assumptions, beliefs or attitudes?
- Are our facts about what happened actually fictions?
- Is the real problem our perceptions of the past/present/present?



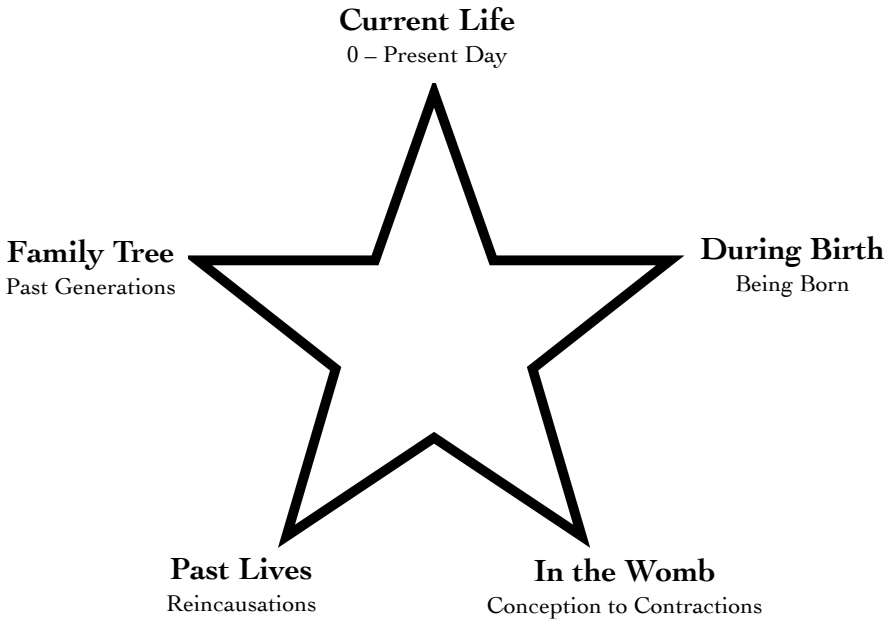
Advanced

5 Step Method

Overview



INTRO : Advanced 5 Step Method



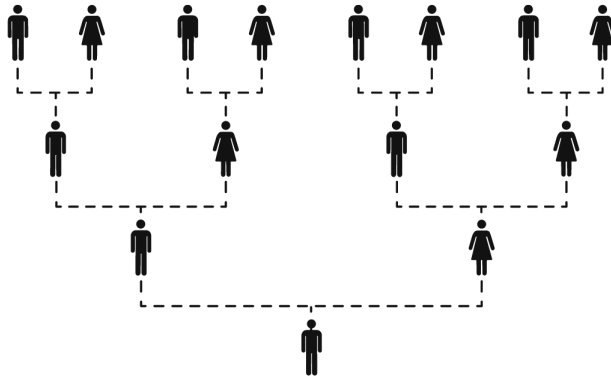
FAMILY TREE (GENERATIONS)

The relationship between people in several generations of a family.

PAST LIVES (REINCARNATION)

The belief that on the death of the body the soul transmigrates to or is born again in another body. The incarnation or embodiment of a soul in a new body after it has left the old one at physical death. Embodiment again in a new form, as of a principle or idea. I like to refer to reincarnation as ‘reincausations’ as our past lives have a cause-effect impact upon our current strengths, talents, wisdom, and challenges.

INTRO : Advanced 5 Step Method



CELLULAR MEMORY

Memory is the way the mind stores and remembers information. The mind is found in the cells of the body. Therefore, every cell holds our memory and reacts in very real ways to the memories from this lifetime and before.

Our cells contain DNA - the blueprint for the complete design of our physical body, and also holds the blueprint for our emotional, mental and spiritual state. *Blueprint*: 'A guide, design or pattern for making something.'

As above, so below. Every memory is stored in every cell. Memories from our family can be passed down the generational tree. Our cells remember all of who we have been in past lives and all that has occurred in this life (hence the term cellular memory). So as we change and grow in any aspect of our lives, our cells are constantly updating our 'personal data'.

We have unconscious memories from *before* we have conscious memories. Although we don't have words when first born, our feelings are informing and forming our beliefs (as soon as consciousness enters our first cells).

In 'Reincarnation & Biology', Dr Stevenson's investigations showed that even birthmarks can stem from previous lives, e.g. a large mole or indentation could be the result of a bullet wound suffered in a past life.



ADVANCED 5-STEP MIND DETOX METHOD [ALL PASTS]

STEP 1: FIND ROOT-CAUSE EVENT (**WHEN** IT STARTED?)

THE SET UP: *With your permission, let's find out when the problem started so that you can move on and stop it being a problem now. Trust your first answer to all of the following questions.*

ASK: *What event is the cause of the problem, which when resolved will cause the problem to disappear? If you were to know, was it before, during or after your birth?*

IF AFTER BIRTH, ASK: *What age were you?*

IF BEFORE, ASK: *Was it in the womb or before?*

IF IN THE WOMB, ASK: *What month? (Provides a number or month name)*

IF BEFORE WOMB, ASK: *Was it in a past life or passed down your family tree?*

IF PAST LIFE, ASK: *How many lifetimes ago?*

IF FAMILY TREE, ASK: *How many generations?*

IF DURING BIRTH, THEN GO TO STEP 2.

STEP 2: CLARIFY THE CONTEXT (**WHAT** HAPPENED?)

ASK: *When you think of that time, what's the first person, place, event or thing to come to mind?*

Digging deeper questions: Who was there? Where were you? What was happening? It can help to close the eyes when accessing memories from before this lifetime. Like an artist painting a picture, let the details form to create a memory of a specific event/scenario that could have been a problem.

IF APPROPRIATE OR REQUIRED, SAY: *Although this event happened to [insert person], we are going to heal the part of them that is you now, and so for the rest of this session we will focus on You finding peace with this event, as if it had happened to you. OK?*

STEP 3: DISCOVER ROOT-CAUSE REASON (**WHY** WAS IT A PROBLEM?)

Remember the root-cause reason is: "Emotion(s) + Reason".

3.1 ASK: *What is it about what happened that was a problem for you/them?*

Digging deeper question for 3.1: "How did it make you/them feel?"

3.2 ASK: *Ultimately, what was it about what happened that caused you/them to feel that way?*

Digging questions for 3.2: "If X happened, what might happen?" or "What was it about X that was a problem for you/them?" Repeat questions substituting X with the previous answer until you find the reason why they felt that way.

3.3 Rate root-cause reason ASK: *On a scale of 0 to 10, with 10 being very high emotion and feels true, how would you rate (state root-cause reason)?*

STEP 4: RESOLVE ROOT-CAUSE REASON (**WHY NOT** A PROBLEM NOW?)

4. COME TO NEW CONCLUSIONS WITH NEW INFORMATION

4.1 Learn from past - ASK: *What can you/they know now, that if you/they had known it in the past, you/they would have never felt (state root-cause reason) in the first place?*

4.2 Learn from future - ASK: *Is it possible that you can be at peace when you think about this old event at some point in your future? OK, let's go and speak to the future you that is at peace with it. What will you know at that point in the future that will enable you to feel at peace then?*

4.3 Learn from blindspot - ASK: *For this to have been a problem, what did you/they need to not know? Digging question: "For it to be a problem then, what did you/they need to believe?" (Finds incorrect conclusion)*



Use *Installing the Knowing Exercise* when you discover a positive and loving learning that makes it impossible for them to have negative emotions associated with the RCE or RCR. For events beyond this time you can either ‘associated into the person and look through their eyes’ or (if too traumatic), install into a symbolic RCR-related-event in this lifetime.

STEP 5: TEST RCR IS RESOLVED (CELEBRATE BENEFITS & SATISFY CONVINCER)

5.1 Test RCR: *“On a scale of 10 to 0 with 0 being the emotion is completely gone and you feel neutral now, how would you rate the old root-cause reason?”*

5.2 Test the past: *“When you think about the original event you might find the memory is there but the emotion is gone and you/they feel more neutral now?”*

5.3 Test the future: *“Think of a time in the future when something like this could happen, but this time, notice how differently you respond, ok?”*

INSTALL THE KNOWING INSTRUCTIONS:

- 1) Get positive learning(s) using MDM Questions 4.1, 4.2 and/or 4.3.
- 2) ASK: *“Where do you know that in your body?”* (Whilst circling your hand around your own heart, chest, solar plexus and stomach – to give them an idea of what you are asking them.)
- 3) ASK: *“Great, if that knowing had a colour, what colour would it be?”*
- 4) SAY: *“Perfect, so keep that knowing there now, ok?”*
- 5) Invite them to close their eyes and then guide them through installation visualisation by SAYING: *“Now, go to the past, with that knowing, and play the movie of the old memory from start to finish, but this time, with the (state colour) knowing in your (state location and learnings)”*
(For example – *‘The red knowing in your heart that I am loved’*. Repeat above phrase 2 or 3 times as they do it so there is absolute clarity as to what they are being asked to do and to make sure they do it.)
- 6) After a few seconds, SAY: *“When you are done, bring the knowing(s) all the way back to now by opening your eyes.”* (When they open their eyes, take their attention away from the problem for a moment by distracting them.)
- 7) TEST: Using questions 5.1, 5.2 and 5.3 from the 5-Step Mind Detox Method.

GETTING TO ZERO:

IF SCORES FROM QUESTIONS 5.1 OR 5.2 ARE ABOVE 0 THEN CHECK:

- 1) Antidote Learning: *Does the learning you’ve installed unjustify the negative emotion?*
- 2) Root-Cause Reason: *What else about what happened was a problem for you/them?*
- 3) Root-Cause Event: *What other event in your life is the cause of the problem...*
- 4) Parts Conflict – SAY: *“I would like to invite out onto the palm of one of your hands the part that wants to hold onto the problem. Now invite out the part that wants to let go of the problem onto the palm of your other hand.”* Starting with the negative part, ASK: *“For what purpose does this part exist?”* Keep asking: *“For what purpose... (Including previous answer in question)”* until you find positive intention. Do the same with positive part until you find SAME highest intention. Place integrated highest intention back into the body and install with deep breath. RE-TEST the work.

Advanced 5 Step Method SCRIPTS

[ALL PASTS]

DISCOVER THE ROOT-CAUSE REASON:

STEP 1 : FIND ROOT-CAUSE EVENT (WHEN IT STARTED?)

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If after, ask: What age were you?

If before, ask: Was it in the womb or before?

If womb, ask: What month?

If before, ask: Was it passed down your family tree or past life?

If family tree, ask: How many generations ago?

If past life, ask: How many life times ago?

STEP 2 : CLARIFY THE CONTEXT (WHAT HAPPENED?)

ASK: When you think of that time, what's the first person, place, event or thing to come to mind? Digging deeper questions: Who was there? Where were you? What was happening?

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Advanced 5 Step Method SCRIPTS

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STEP 5 : TEST THE WORK

TEST THE WORK (ACKNOWLEDGE BENEFITS AND SATISFY CONVINCER)

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Reasons Remedies

Part Three

● **INTRO : Reasons & Remedies**

WHY?

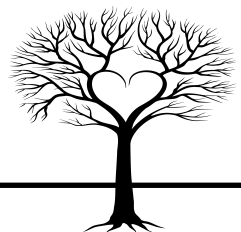
There are more reasons as to why we can end up with chronic physical conditions and persistent life problems. By learning these additional reasons and remedies you become a more flexible and effective coach, which empowers their others with more choices and solutions.

WHAT?

Gain a greater understanding of how the physical body or life circumstances may be mirroring our mind and emotions, unconscious conditioning and undercover conflicts. This module provides the 'master mindset' for listening beyond words and seeing beyond symptoms. This understanding and skills enables you to ask better questions, which can quickly get to the heart of the clients issue(s).

HOW?

You will learn how the body speaks the mind, how our external world reflects our internal world, and how to cure the unconscious conflicts that can keep us recreating reoccurring problematic patterns. You will also learn the common causes of negative emotions and how to use the Mind Detox Directories with others, which list the common causes of issues relating to the 5 senses, 14 organs, 24 body parts, 12 systems, and over 100 physical conditions.



● Methods

**Advanced
5 Step Method**
(All Pasts & Futures)

**The MD
Directories**
(Beliefs & BOSS+)

**The 5
Core Causes**
(Principles & Protocols)

**Reasons
& Remedies**
(Mirrors & Messages)

**Conditioned
Conflict Cures**
(Calm Cure & Embodying)

INTRO : Reasons & Remedies

WHAT

EXTERNAL



WHY

INTERNAL

Mirrors & Messages

INTRO : Mirrors & Messages



SYMBOLIC PLUS PURPOSE / FUNCTION

The body is an indicator for what is in and out of harmony within your mind, emotions and spiritual Self. We therefore view physical conditions as a red flag to draw attention to where disharmony is being highlighted.

Highly **symbolic**, the body can present physical symptoms in the areas of your body that serve particular purposes, with these functions reflecting what's happening in your mind, emotions and/or life. As a result, we are more interested in the **functions** of the body parts, organs, systems and senses and how the experience of the physical condition feels. So instead of getting too caught up in the labels given for conditions, focus more on the function of the body areas where physical issues are presenting, how the condition feels and how this is being reflected in the client's life. When clients refer to their organs etc. you will 'hear' the symbolic cause.

QUESTIONS

- What purpose or function does the problematic body part/organ do?
- What is happening within the body i.e. what is the body actually doing?
- If the condition was sending a symbolic message, what might it be saying?
- If the physical condition was a negative emotion, what emotion would it be?
- How might the body be mirroring something in your life?
- How does it feel to be living with this problem and where in your life have you felt a similar way to how the condition/problem makes you feel?
- What was going on in your life around the time when the condition started?

Mirrors & Messages : ORGANS

Organ	Function	Organ	Function
Bladder	<i>Retention</i>	Brain	<i>Control</i>
Gallbladder	<i>Separation</i>	Glands	<i>Homeostasis</i>
Heart	<i>Circulation</i>	Large Intestine	<i>Excretion</i>
Liver	<i>Purification</i>	Lungs	<i>Life Force</i>
Kidneys	<i>Processing</i>	Pancreas	<i>Sweetness</i>
Skin	<i>Protection</i>	Small Intestine	<i>Absorption</i>
Spleen	<i>Filtration</i>	Stomach	<i>Digestion</i>

EXAMPLES

- The purpose of the liver is purification, so if you have a physical issue there, you want to explore areas of your life that feel toxic and/or overloaded with negativity.
- The small intestine performs the function of absorption. So if you have issues relating to that part of your body, you want to explore situations in your life that you are rejecting and/or in which you have not been able to absorb what's happening/happened fully.

Mirrors & Messages : BODY PARTS

Part	Function	Part	Function
Face	<i>Expression</i>	Neck	<i>Viewpoints</i>
Shoulders	<i>Lifting / Carrying</i>	Chest	<i>Expansion</i>
Ribs	<i>Protection / Life Force</i>	Upper Back	<i>Carrying</i>
Middle Back	<i>Connection</i>	Lower Back	<i>Support</i>
Arms	<i>Embracing</i>	Elbows	<i>Change</i>
Hands	<i>Grasping \ Holding</i>	Fingers	<i>Touch</i>
Hips	<i>Progress</i>	Glutes	<i>Action (or Inaction)</i>
Groin	<i>Movement</i>	Legs	<i>Standing (or Moving/Kicking)</i>
Thighs	<i>Relocating</i>	Knees	<i>Stability (or Support/Protection)</i>
Hamstrings	<i>Extending (or Stability Within Movement)</i>	Shins	<i>Shock Absorbers</i>
Calves	<i>Commitment</i>	Ankles	<i>Spring</i>
Feet	<i>Grounded</i>	Toes	<i>Balance</i>

Mirrors & Messages : SYSTEMS & SENSES

System	Function	System	Function
Circulatory	<i>Circulation + Carrying</i>	Digestive	<i>Digestive + Nutritional Absorption</i>
Endocrine	<i>Regulation + Secretion</i>	Immune	<i>Protection + Elimination</i>
Integumentary	<i>Environmental Protection</i>	Lymphatic	<i>Collection + Transportation</i>
Muscular	<i>Strength + Movement</i>	Nervous	<i>Interpretation + Communication</i>
Reproductive	<i>Reproduction + Cycle of Life</i>	Respiratory	<i>Supplying + Sustaining Life</i>
Skeletal	<i>Structure + Support</i>	Urinary	<i>Cleansing + Controlling</i>

Sense	Function	Sense	Function
Hearing	<i>Receiving</i>	Sight	<i>Perceiving</i>
Smell	<i>Selectivity</i>	Touch	<i>Connection</i>
Taste	<i>Discriminating</i>		

Mirrors & Messages : FEELINGS

Feeling	Function	Feeling	Function
Anger	<i>Protection</i>	Anxiety	<i>High Alert / Energy</i>
Alone	<i>Call to Connect</i>	Abandoned	<i>Secure Support</i>
Confused	<i>Seeking Truth</i>	Depressed	<i>Disassociation / Numb</i>
Hurt	<i>Avoiding Another Attack</i>	Grief	<i>Connecting to Loss</i>
Guilt	<i>Future Proofing</i>	Lonely	<i>Self Comfort / Connect</i>
Moody	<i>Boundaries / Space</i>	Panic	<i>Protecting Life</i>
Rejected	<i>Knowing I'm OK</i>	Sadness	<i>Cry for Help</i>
Scared	<i>Safety / Focus</i>	Shy	<i>Serenity in Solitude</i>
Regret	<i>Different Decisions</i>	Lost	<i>Desire for Direction</i>
Unloved	<i>Self-Love / Oneness</i>	Unwanted	<i>Love / Safety</i>
Vulnerable	<i>Seeking Empathy</i>	Worthless	<i>Knowing I Matter</i>

EXAMPLES

- The function of anger is *protection*, so if your client has 'anger issues', then explore what they are trying to protect themselves from (which is often something that has made them feel hurt, sad or scared).
- The function of guilt is to *future proof*, so if your client is carrying guilt, then explore what they want to do differently/better in the future.

Mirrors & Messages : EMOTIONS

ANGER – including frustration, annoyance & irritation

<i>Background</i>	Anger is a secondary emotion, meaning you don't feel angry unless the primary emotions of hurt, sad or scared are present. Anger is often a protective mechanism used to push away what has made you feel hurt, sad or scared. Anger usually requires resistance brought on by the belief that things <i>should</i> happen <i>your</i> way. When healing anger, don't let the frustrated feelings distract you from the underlying primary emotions. Explore how else the person, event or thing made your client feel. When you resolve the source of the hurt, sadness or fear, then there will be no justification to be angry any more. You may continue not to agree with whatever has happened, but you will be at peace <i>with</i> it and more effectively take the action that is required.
<i>The Upside of Anger</i>	Bursts of anger can be helpful for saying what needs to be said or doing what needs to be done. Just as engaging anger with self-awareness can dramatically alter your inner experience of it, to the point where it feels more like passion or love. It is when anger is chronic or destructive that it becomes problematic.
<i>Causes</i>	Hurt, sad, scared, vulnerable, invaded, violated, alone, lost, confused, unprotected, unsafe, pushing away to protect, perceived lack of love, support and/or security, 'It's not right/fair'.
<i>Affirmation</i>	<i>I am safe, surrendered and say 'bring it on' to life.</i>

Mirrors & Messages : EMOTIONS

SADNESS – including depression & feeling low

<i>Background</i>	<p>Sadness is commonly a result of negative thinking patterns based on the themes of lack, limitation, victimhood, comparison, unfairness, wrongness or ‘poor me’, although it may appear that you are sad <i>because</i> of circumstances. We feel what we think about. If we are engaging a cynical mind-set with depressing thoughts, then that is how we will feel. Explore whatever your client is feeling compelled to think negatively about. To cultivate happiness, heal the habit of negative thinking by intentionally looking for what is present and right, instead of focusing on what’s missing or wrong. If you are feeling sad, you might not feel like you can do this. Even the smallest of steps now can make a big difference to your long-term happiness.</p>
<i>The Power of Praise</i>	<p>Praise heals the belief that there is something wrong. Finding things to praise rather than criticize is the foundational first step in developing a more positive attitude of gratitude. With the power of praise, what you were sad about doesn’t need to change for you to feel better. You can immediately lift your mood and begin your journey back to joy... starting now!</p>
<i>Causes</i>	<p>Resistance to the past, something needs to be better/different, powerlessness, pointlessness, focusing on what’s wrong, over- comparison, feeling unseen, perceived lack, lacking compelling purpose, resisting certain emotions to the point of numbness. ‘I wish it had not happened that way’, ‘What’s the point?’ ‘Life is difficult’ or ‘life is unfair’ thinking.</p>
<i>Affirmation</i>	<p><i>I am grateful for the good in life & feel lucky to be alive.</i></p>

Mirrors & Messages : EMOTIONS

FEAR – including scared, apprehensive & anxious

<i>Background</i>	Fear requires us to forget how powerful and resourceful we actually are. By ignoring the fact that we have survived every event or circumstance that has happened during our lifetime. Fear also feeds off our unwillingness to fully feel it. In fact, it is our resistance to feeling scared that gives it power to limit or control us. When we are willing to feel it, fear can be used as a positive and powerful force for good. Don't worry, you won't end up paralysed by fear, if you allow yourself to consciously feel it. It is resistance to feeling it that gives fear powers to limit life. Allowing fear to be present can provide the strength needed to heal and face what life brings.
<i>The Force of Fear</i>	Let go of the conditioned labels of 'fear' or 'anxiety' and be open to relating to these energies as your inner power. Breathe deep, feel it fully with self-awareness, and you may find it is a potent and powerful force for good.
<i>Causes</i>	Vulnerable, no control, unprotected, unloved, 'The world is a dangerous place', 'I'm not safe', 'I'm going to get into trouble', 'my inner strength can hurt others', scared of own power, 'I'm unsupported', 'something bad might happen'.
<i>Affirmation</i>	<i>I am powerful & possess all I need to be safe & to succeed.</i>

Mirrors & Messages : EMOTIONS

GUILT – including regret, remorse, blame & shame

<i>Background</i>	Guilt is commonly caused by inner conflict consisting of a resistance to what you've done (or not done) and an ongoing attachment to needing to have acted differently. Guilt feels justified because we believe holding on to it helps us not to make the same <i>mistakes</i> again in the future. However this is not the case. Guilt is harmful to health and keeps us connected to the past. Remember, whatever you resist persists, so the unconscious focus on not doing it again increases the likelihood of you repeating the same actions.
<i>The Guidance of Guilt</i>	When healing guilt, regret, remorse, self-blame or shame, be willing to forgive the 'younger you' for not knowing better. You shouldn't have known better because you couldn't have known better because you hadn't yet learned what you know now. Acknowledge that given the same circumstances today you would not do the same as you did in the past. Have faith in your older and wiser present-day self who now knows better.
<i>Causes</i>	Fear of repeating past mistakes, resisting past decision(s), self-punishment, attached to things happening differently, being hard on yourself, self-critical, attachment to being a good person, 'I should have known better', 'I'm a bad person'.
<i>Affirmation</i>	<i>I am forgiven & free, always doing my best.</i>

Mirrors & Messages : EMOTIONS

HURT – including offended, emotionally wounded & upset

<i>Background</i>	Nobody has the power to hurt us emotionally. This is because we don't feel hurt because of what someone's said or done, even if everyone in the world would agree it was horrible or wrong. Hurt is caused by what we are doing on our side of the fence, inside our own mind. We feel hurt when we <i>feel our thinking</i> about what's been said or done. It can be incredibly freeing to recognize that nobody has the power to hurt us. That anytime we are hurt we have accidentally given our power away by thinking about a past moment. By being self-aware we can observe the habit of hurt-based thinking and stop getting so caught up in the hurtful story.
<i>The Holding of Hurt</i>	Do you want to be right or do you want to be free? Choose to let go of hurt and be an unconditionally loving force for good. If someone has acted in a 'hurtful' way, rise above the mental stories by being willing to see them in a compassionate way. Focus on the person not the behaviour. With compassion, you don't get down in the hole to suffer with the other person. Instead, you remain in the peace of self-awareness that doesn't take anything personally. Remember that everyone would choose to experience peace and love – if they could make the choice rather than react due to their conditioning. If someone doesn't know how to be peaceful, loving or happy yet, they need your compassion, not criticism.
<i>Causes</i>	Vulnerable, powerless to the impact of others words and/ or actions, no control, unable to get what you think you need, resistance to the past, playing the victim, unloved, rejected, abandoned, unwanted, lack of compassion.
<i>Affirmation</i>	<i>I see the innocent desire for peace & love within everyone.</i>

Mirrors & Messages : RELATIONSHIPS

Issue	Causes
Affairs	<p><i>Resistance to commitment. Fear of missing out. Grass is greener. Human needs not being met. Seeking variety / significance / connection. Unresolved past hurts. Not asking for what you want/need. Compromise. Unseen. Unloved. Lonely. Revenge. Mental/emotional/sexual dissatisfaction. Cultural conditioning.</i></p>
Arguments	<p><i>Desire to be seen/heard. Call for attention. Unresolved past hurts. Seeking significance. Hardened heart. Fear of connection. Distorted way to gain connection. Taking. Judgmental. Fault finding. Unwilling to give / surrender. Need to be right. Closed to other perspectives. 'What's in it for me?' mentality. 'You must change so I don't have to' attitude.</i></p>
Boredom	<p><i>Giving up on giving. Closed off to creativity. Human needs not being met. Habit over variety. Believing boredom is inevitable. Making other person responsible for your passion/aliveness. Attachment to stimulation / being entertained. Unable to find newness in sameness.</i></p>
Control	<p><i>Human needs not being met – attachment to certainty creating the need to control. Judgment. Fixed ideas of what's right +/- or what will make you happy/safe. Fear of loss. Fear of being seen. Lack of trust in self / others. Unwilling to change / grow. Fear of future. Self-preservation. Fear of being dominated / manipulated / abused.</i></p>

Mirrors & Messages : RELATIONSHIPS

Issue	Causes
Jealousy	<p><i>Unresolved past abandonment. Unwanted. Unlovable. Unworthy. Insecurity. Fear of loss / losing partner. Unresolved past relationship break-up(s). Scared to be alone. Untrusting. Comparison (Others Better Than Me). Cultural conditioning. Proof you care.</i></p>
Saving / Rescuing	<p><i>Security gained from giving. Need to be needed. 'If they don't need me they will leave me'. Unwanted. Unworthy. Lack of self-love. Needing to remain in control. Threatened by being with a strong independent person. Fear of seeing / healing own flaws. Projection of pain.</i></p>
Lack of Intimacy	<p><i>Fear. Scared to be seen. Vulnerable. Lack of time/attention. Religious / cultural guilt. Fear of being bad in bed. Unwilling to let go. Control. Lack of creativity. Taking. Fear of being owned / manipulated. Form of currency. Power games. Unresolved past hurts abuse. Negative feedback.</i></p>
Uncommunicative	<p><i>Resistance to conflict. My needs don't matter. Whatever I say doesn't make a difference. Not asking for what you want/need. Let down. Compromise. 'What's the point?' mentality. Fear of hurting other person. Not rocking boat. 'Seen and not heard' mentality. Suck it up.</i></p>
Withdrawn	<p><i>Passive aggressive. Punishing. Giving up. Hurt heart. Afraid to express truth/face consequences: 'what if we break-up?'. Compromise. Confused. Emotional disconnection. Undeserving. Anger.</i></p>

Mirrors & Messages : HUMAN NEEDS

Human Need	Description
Certainty	<i>The need for safety, security, comfort, order, consistency and a sense of control.</i>
Variety	<i>The need for uncertainty, diversity, challenge, change, surprise, the unexpected and adventure..</i>
Significance	<i>The need for meaning, validation, feeling needed, attention, honored, wanted and special.</i>
Love & Connection	<i>The need for connection, communication, oneness, intimacy, and shared love with others.</i>
Growth	<i>The need for physical, emotional, intellectual and spiritual discovery and development.</i>
Contribution	<i>The need to give, care, make a difference, serve and protect others, and the good for all.</i>

Source: Anthony Robbins

EXAMPLES

- *Relationships* – If your client is having an affair (or considering leaving), then it can help to go through the 6 human needs to see which are not being met. For example, usually the current partner scores with ‘Certainty’ but not ‘Variety’. Simply injecting more variety into the current relationship can stop the need for engaging an affair.
- *Career* – If your client is bored of their current job, then what human needs are not being met? Explore how they can inject the missing human needs into the current role for greater job satisfaction.

Mirrors & Messages : EXPLORE

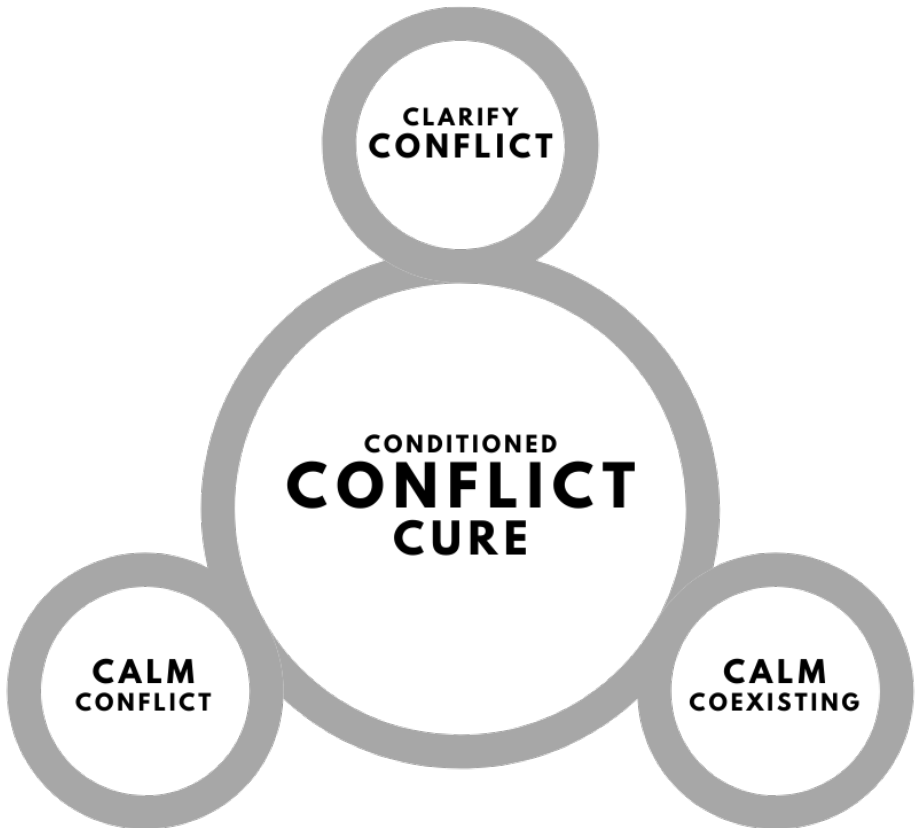
Consider the possible causes of the following symptoms:

Symptoms	Causes
Insomnia	
Anxiety	
Anger	
Jealousy	
Migraines	
Neck Pain	
Psoriasis	
Debt	

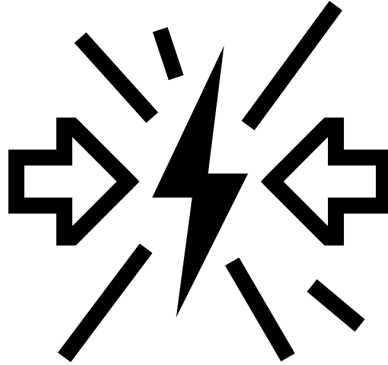


Conflict Cure

Overview



INTRO : Conflict Cure

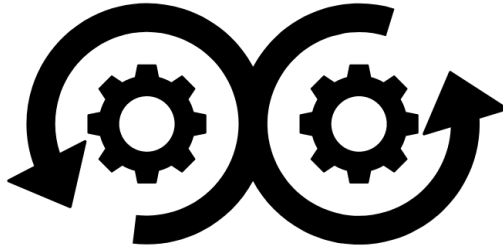


The Conflict Cure (CC) invites you to stop fighting life – because doing so is hurting you, making you sick, ruining your relationships and messing with your money. Hidden conflict creates emotional upset: it stresses us out, makes us a victim of circumstance and stands in the way of lasting satisfaction and success. Calm Cure therefore invites us to wake up from our conditioning to be in conflict, and transform our relationship *with* life.

It has often been said that ‘resistance is futile’ and it is so true. There is a direct relationship between how much we resist life and the stress and suffering we endure. The more we push against what happens, the more life tends to push back, creating conflict and preventing true peace and prosperity. But if you are willing to muster the courage to lay down arms and cultivate what I call ‘peace *with* life’, then consistent inner calm, better health, freedom from persistent problems and genuine life success can be your rewards.

Source: Calm Cure (Hay House Publishing)

INTRO : Conflict Cure



CONDITIONED CONFLICT

We have been conditioned to be in a battle with life. To resist anything that doesn't go our way, show up how we want, meet our high hopes or satisfy our eternal hunger for more, better and improved. We have been conditioned to be attached to what we believe will make us happy and end up frustrated or upset when life doesn't match our expectations. We have been conditioned to feel bad, get stressed and end up sick – due to having chronic unconscious conflicts *with* life.

Problems continue until we cure the hidden conflict.

Being in conflict *with* life is a conditioned response and a habit. Over the years, we pick up beliefs from our parents, peers, teachers, advertisers and the mainstream media on the criteria for what a successful human life should look and feel like. What you should do for a living, how much money you should have, the kind of relationships you should hold, how you should look and feel, the holidays you should take, the car you should drive, even the kind of weather that is 'good' and 'bad'...

Through the back door, this unconscious conditioning ends up determining what you allow when it happens and what you resist. But don't forget, life is happening on a spectrum of possibilities and all eventualities have the potential of happening at some point – so peace comes from being willing to experience all of life.

INTRO : Conflict Cure

SURPRISING SOLUTION

The best, quickest and most enjoyable way to change anything for the better is to stop being in conflict with how it is now. Or said differently, to take a time out from working so hard, trying to fix everything you believe is wrong about your mind, emotions, body or life, and be at peace *with* the current reality of how things are. I know this may sound counterproductive. Surely, if you don't work to change things then life will stay the same? With the right attitude and approach, you can discover that the opposite happens.

Time after time, I have found that conflict keeps us connected to, and recreating, the very things that we don't want. The more we resist, the more what we don't want tends to persist. The more we are attached to things being different, the more the underlying fear-based intentions have a way of repelling the very things we want too. But when we are finally willing to experience fully whatever life is presenting to us, then the lack of conflict has a magical way of bringing change, and dare I say it, in ways that are far better than we may have ever imagined possible.

ALIGN WITH THE REALITIES OF LIFE

The reality of life is that sometimes what you want will happen and sometimes it won't. You will be loved by some people and judged by others. On time some days and ending up stopped by every red light on other occasions. The Conflict Cure is therefore not a defeatist or negative approach, but rather one that aligns us with the realities of life. Look outside and you'll see that nature isn't in conflict with the seasons. The trees aren't attached to green leaves or resistant to bare branches.

The 'peace with' approach is about aligning with natural law and clearing the unconscious conditioning that would cause your client to suffer in the face of inevitability.

INTRO : Conflict Cure

3 PARTS OF EVERY PROBLEM

Most people focus the majority of their attention and efforts on the first two elements: the *name* of their physical condition or life problem and the surface-level *symptoms*. However, there is also always a third element – the conflict experience – that needs to be clarified and calmed. The conflict experience is often a major contributing factor to the creation and continuation of the physical condition or life problem.

PHYSICAL CONDITION

Condition Name
Physical Symptoms
Conflict Experience

LIFE PROBLEM

Problem Name
Life Symptoms
Conflict Experience

EXAMPLE

In the case of a rash (condition name), the skin might be red and itchy (physical symptoms). The common response is to reach for a lotion, potion or pill to try to fix the symptoms. But with CC, you start by describing how the rash makes you feel - 'Living with this rash makes me feel irritated, like something annoying is getting under my skin.' You will then consider where in your life you've felt irritated and what's happening that you don't want: 'I'm feeling irritated because my partner always ignores me when I walk into the room.' With this recognition, your Root Cause Resistance is *being ignored*. If there is resistance, then there will be attachment too, which in this case would probably be *being acknowledged/seen*. When combined you will have clarified your Conflict Experience: the resistance to being ignored and an attachment to being acknowledged – and be well on your way to calming the hidden conflict that has potentially been causing the rash.

INTRO : Conflict Cure

COMMON CONFLICTS

For clearing unconscious conflicts

RESISTANCE

Judged
Unwanted
Unsupported
Rejected
Ignored
Unheard
Unappreciated
Unrewarded
Criticized
Tired
Misunderstood
Excluded
Wrong
Confusion
Uncertainty
No Control
No time for myself
Limited options
Being on my own
Don't know what to do
Not get my own way
Unable to do what I want

ATTACHMENT

Loved
Wanted
Supported
Accepted
Noticed
Heard
Appreciated
Rewarded
Complimented
Energised
Understood
Included
Right
Clarity
Certainty
In control
Time for myself
Lots of options
Having people around
Know what to do
Get my own way
Able to do what I want

Resistance + Attachment = Conflict

● INTRO : Conflict Cure

EMOTIONS ARE SYMPTOMS TOO

The purpose of the CCC Protocol is to cultivate an inner willingness for anything to happen in your external life. We use emotions to help find where in your life that you've been feeling the same way, so you can discover the **experience** that you are in **conflict** with.

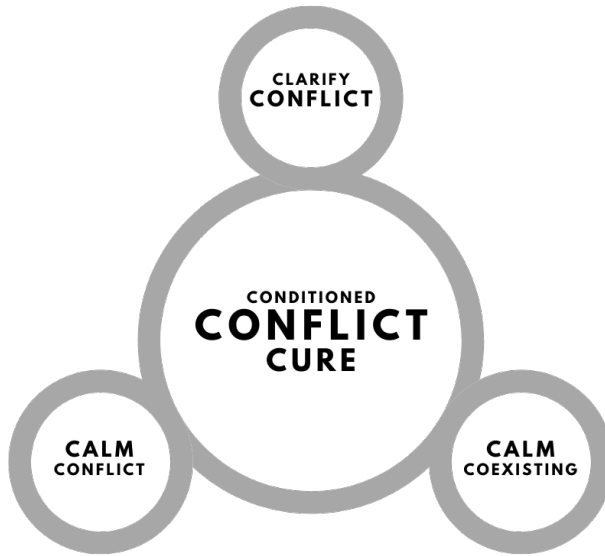
CCC is not focused on being willing to experience 'negative' emotions i.e. frustrated or sad. It is focused on cultivating a willingness to engage the full spectrum of life eventualities. When there is no conflict *with* the life event, there is no reason to feel bad about what's happening. Use CCC to get peace with what is happening that is making you feel a similar way to how the condition/problem makes you feel.

RECOGNISE COVERT RESISTANCE

One of the first resistances you may need to recognize and resolve often relates to the technique itself. They possibly haven't wanted to 'go there' and their mind can throw up covert resistances that aren't always recognized as such. You can find your client comparing, judging and criticizing the technique, engaging 'poor me' thoughts or getting distracted by external stuff when taking them through the technique. Covert resistance can be right under your nose and consists of subtle ways not to engage the technique and do what's being asked.

For example, 'This technique is a load of rubbish and isn't going to help me.' 'It is so unfair that I have to go through this.' 'I think I should wait until I have less stuff going on in my life.' 'I'm not any good at things like this so there's no point even trying.' Be vigilant of the thoughts and feelings that are preventing your client from engaging the process. They can often be subtle ways of avoiding, which is a symptom of resistance.

INTRO : Conflict Cure



3 STEP CONFLICT CURE

Step 1: Clarify the Conflict

This step clarifies the conflict experience including what you are resisting and what you are attached to.

Step 2: Calm Co-Existing

This step focuses on calmly co-existing with the conflict experience and determines how at peace you are with both experiences showing up in your life and the presenting condition/problem.

Step 3: Calm the Conflict

This step changes your perceptions and attitudes towards life so the conflict is no longer justified.



3-STEP CONFLICT CURE

[CALM CURE]

STEP 1: CLARIFY THE CONFLICT

THE SET UP: *With your permission, let's find out when the conflict started so that you can move on and find peace with it now. Tune in and trust your first answers to all of the following questions.*

1.1 ASK: Describe how it feels to be living with this physical condition/life problem. (Aim to gather a collection of words/phrases that best describe the inner experience of the issue.)

1.2 ASK: *Where in your life have you felt this way?* (Recall a life event/circumstance when your client has felt the same way.)

1.3 ASK: *What is happening that you do not want?* (Provides the Root Cause Resistance)

1.4 ASK: *What would you rather be experiencing instead?* (Provides the Root Cause Attachment)
[The Root Cause Resistance + Root Cause Attachment = Root Cause Conflict]

STEP 2: CALM COEXISTING

2.1 REPEAT AFTER ME: *All things are possible and I am willing to experience [state the attachment] sometimes and I am willing to experience [state the resistance] sometimes.*

2.2 SAY: Rest into the willingness for both possibilities to calmly coexist within you [PAUSE] and to sometimes show up in your life.

2.3 ASK: *On a scale of 0-10, with 10 being very high, how would you rate your willingness for both life experiences to happen?* If client rates below 10/10, go to Step 3.

2.4 ASK: *On a scale of 0-10, with 10 being very high, how would you rate your 'peace with' experiencing the condition/situation?* (If client rates below 10/10, go to Step 3. When client rates 10/10 for both questions 2.3 and 2.4, the conflict is cured.)

STEP 3: CURE THE CONFLICT

Conflict-Free Past

3.1 SAY: Recall a memory of a symbolic event when the root-cause resistance has shown up in your life.

3.2 ASK: What can you know now, that if you had known in the past, you would never have resisted the event in the first place?

3.3 ASK: *Where do you feel these knowings within your body?* [Use Install the Knowing Exercise]

3.4: ASK: *On a scale of 10-0, with 0 being 'the resistance is gone and you are at peace with it now', how would you rate the memory.* If 0/10, repeat Step 2. If above 0/10, proceed to Calm-Free Future.

Conflict-Free Future

3.5 ASK: *Is it possible for you to be at peace with experiencing [state the root-cause resistance] at some point in your life?* [Emphasise 'possible' and associated client into the state of being at peace with it.]

3.6 ASK: *What will the 'future you' know, to be at peace with it then?*

3.7 ASK: *Where do you feel these knowings within your body?* [Use Install the Knowing Exercise]

3.8: ASK: *On a scale of 10-0, with 0 being 'the resistance is gone and you are at peace with it now', how would you rate the memory.* If 0/10, repeat Step 2. If above 0/10, return to Step 1 to re-clarify conflict.

NOTES:

- Introduce client to 'Conflict Theory' prior to taking them through this protocol.
- Emotions are also a symptom. Use this protocol on 'Life Happenings' with the aim of increasing the client's willingness to experience the full spectrum of life possibilities.

Sample Session Notes Template

CLIENT NAME [AGE]

The issue the client wants to Calm Cure:

- Nausea

The condition/problem makes the client feel:

- Frustrated I can't do what I want to do

CONFLICT

Resistance:

Not being able to do what I want

Attachment:

Being able to do what I want

KNOWINGS

Past:

- Everything that needs done gets done in the end
- I don't need to force my will on life

Future:

- Everything happens at the perfect time for me and everyone else.

RESULT

- 10/10 willing to experience both ends of spectrum.
- Peace with the symptoms and condition.
- Peace with the past event.
- Nausea disappeared within a few minutes.

CCC Session Notes Template

CLIENT NAME [AGE]

The issue the client wants to Calm Cure:

The condition/problem makes the client feel:

CONFLICT

Resistance:

Attachment:

KNOWINGS

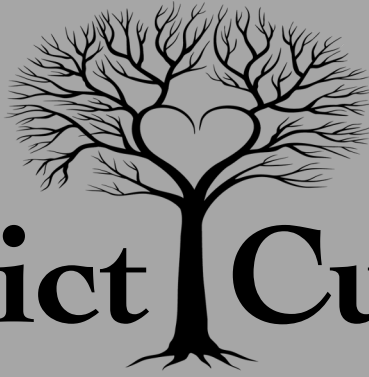
Past:

Future:

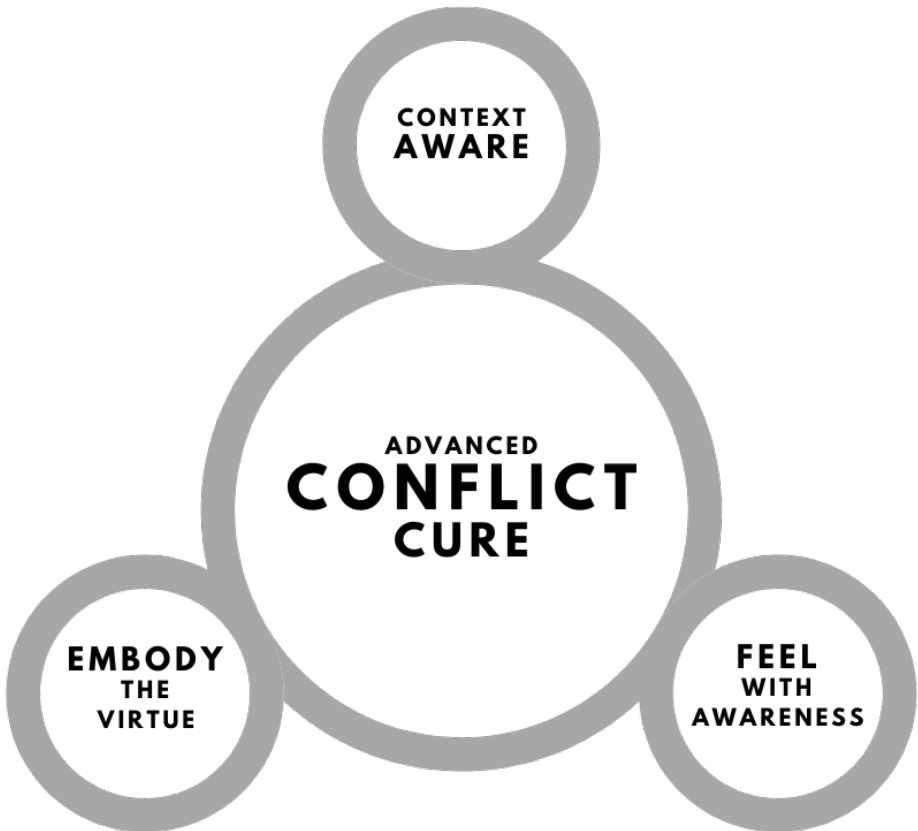
RESULT

Advanced

Conflict Cure



Overview



INTRO : Advanced Conflict Cure

Classic Perspective	Advanced Perspective
There's something wrong with my life and me.	There is nothing wrong with life or awareness (my real self).
I need to fix, change and improve myself and my life.	My relationship with my real self and life is what's important.
Problems are bad events or things that need to be fixed.	Problems are anything that I've been conditioned to resist.
Stress and suffering are due to what happens.	Conflict with 'what is' causes stress and suffering,
I need to think positivity and take action to fix the problem so that it goes away.	I need to stop over-thinking about the problem and find 'peace with' the life experience.
Life will improve if I push away the bad things and work hard to get what I want.	Life will improve when I stop being in conflict and say 'bring it on' to the life I've got.
Problems happen in life and I need do whatever I can to avoid them.	Life is inviting me to be a more self-aware and unconditionally loving presence in the world.

INTRO : Advanced Conflict Cure

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 of present moment awareness.

REMEMBER:

The purpose of life is to live fully and completely.

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 means *what* you experience is less important than your relationship *with* life. 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.

● INTRO : Advanced Conflict Cure

EMBODYING VIRTUES

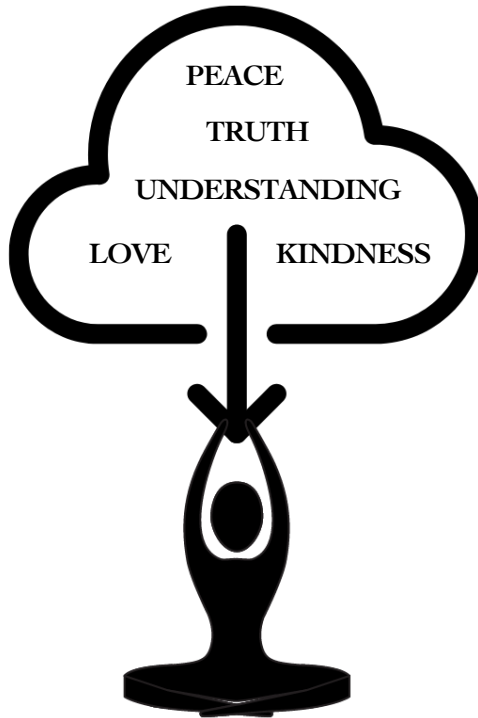
With the Advanced CC, healing happens through embodying certain positive virtue(s) that fulfil the purpose of the situations in life that you've found stressful. These include appealing qualities like connection, strength, peace, love, truth, clarity, compassion, contentment, forgiveness and so on.

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 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, dis-ease, struggle or suffering.

INTRO : Advanced Conflict Cure



iVIRTUES

Imagine you have a personal i-cloud of 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.

INTRO : Advanced Conflict Cure

VIRTUES

Acceptance	Love	Security
Courage	Faith	Forgiveness
Contentment	Understanding	Strength
Harmony	Certainty	Wholeness
Truth	Worthiness	Freedom
Compassion	Wisdom	Peace
Openness	Trust	Power
Service	Surrender	Goodness

CONSCIOUSNESS : A DIFFERENT 'RULEBOOK'

With the Advanced Conflict Cure you will 'Embody Virtues', which is not a thinking-based exercise but one that **only** works if you engage it from present moment awareness and by feeling your way through it. This is because the exercise acts as a bridge between your physical body and consciousness. The mind relies on effort and linear time and works within limits. It needs justification, evidence and for you to do things to eventually become better or more.

Consciousness, on the other hand, is already complete and requires no doing on your part to be. It is *already* the virtues and by being consciously aware, you can quite literally download the virtues into your body and being – immediately, not after you've done years of therapy or engaged in lots of effort to try to become them, but now.

● INTRO : Advanced Conflict Cure

CONSCIOUS EXPERIENCING : Feeling with awareness without definitions, judgements, or descriptions *about* what is being experienced.

* * *

AWARENESS + ATTENTION [Be In Awareness]

Attention jumps from one thing to the next, tends to be scattered yet narrow, becomes fixed/fixated upon specifics, and takes effort to direct. Awareness is still, wide-ranging and all-inclusive. Awareness naturally observes from a benevolent, bigger-picture 'peace with' perspective.

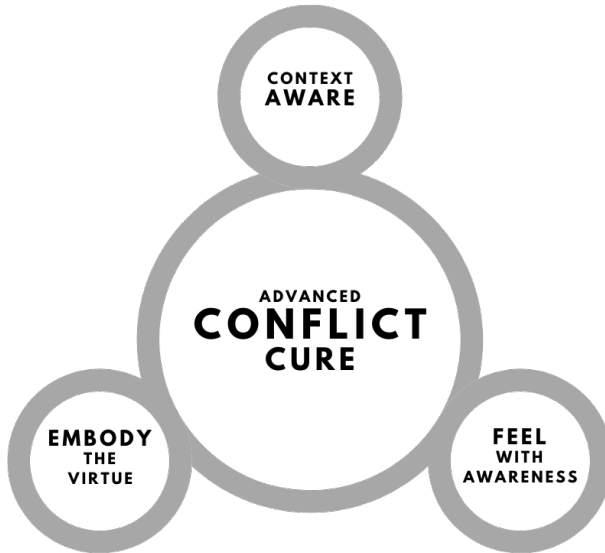
Focus your attention on your body, and notice where it goes. Attention usually moves to specific parts – areas of discomfort or parts that are emotionally charged i.e. you like or dislike. In doing so, your focus will have become narrow / honed in on a specific parts of your body. Now be aware of your body by having a more general awareness of it. Feel the difference? Your experience will be wider, taking in all aspects of your physical form, from a consciously aware perspective. Use the Advanced CCC by being 'in-awareness' not 'in-attention' for it to work.

FEEL + FEELINGS [Feel With Awareness]

When 'feeling with awareness' we experience the overall 'feel' of emotional energies and physical sensations while remaining wide & aware.

What emotions (or sensations) are you currently feeling? Now, engage context awareness and get a sense of the overall feel of the emotions/sensations. Feel the difference? Instead of identifying/engaging with individual feelings and physical sensations, when you 'feel with awareness', you focus less on the specific feelings and more on the overall 'united feel'.

INTRO : Advanced Conflict Cure



THE 3 STEP ADVANCED CC

Step 1: Be Context Aware

This step invites the client to 'be in awareness' for the duration of the protocol. If you see them go back into the mind, invite them to re-engage.

Step 2: Feel With Awareness

This step invites the client to fully 'feel with awareness' the resistance and attachment – as one 'conflict experience' – with no mental commentary.

Step 3: Embody the Virtue

This step invites the client to 'embody the virtue' that life is inviting them to be more of by having the life experience.



3-STEP ADVANCED CONFLICT CURE

[EMBODYING EXERCISE]

STEP 1: BE CONTEXT AWARE

1.1 SAY: Begin by engaging GAAWO by being Gently Alert with your Attention [or Awareness] Wide Open. (If your client prefers: Be aware of the space that you are currently occupying or Notice the context of space within the entire room.)

1.2 SAY: Rest in awareness throughout this exercise. If you notice yourself thinking, analysing, imagining or trying to figure things out, then re-engage context awareness before continuing.

STEP 2: FEEL WITH AWARENESS

2.1 SAY: Be aware of and feel for the resistance within the event (or experience).

2.2 SAY: While continuing to feel the resistance, become aware of the attachment that is connected to this resistance and feel the attachment, too.

2.3 SAY: Bring the resistance and attachment together to feel them as one experience.

2.4 SAY: Feel through the entire experience in all directions to find the outer edges. [Allow up to 30 seconds for client to do this]. Allow yourself to, once and for all, feel the full experience.

STEP 3: EMBODY THE VIRTUE

3.1 ASK: While still feeling fully from awareness, what virtue is most appropriate for *this* experience? Continue to feel the resistance and attachment as one experience and allow the virtue that life is inviting you to embody to reveal itself.

3.2 SAY: Feel what the virtue feels like.

3.3 SAY: Now experience what you feel like *as* the virtue. [Allow up to 30 seconds] Be the virtue, letting it permeate you. This is what the embodiment of the virtue feels like.

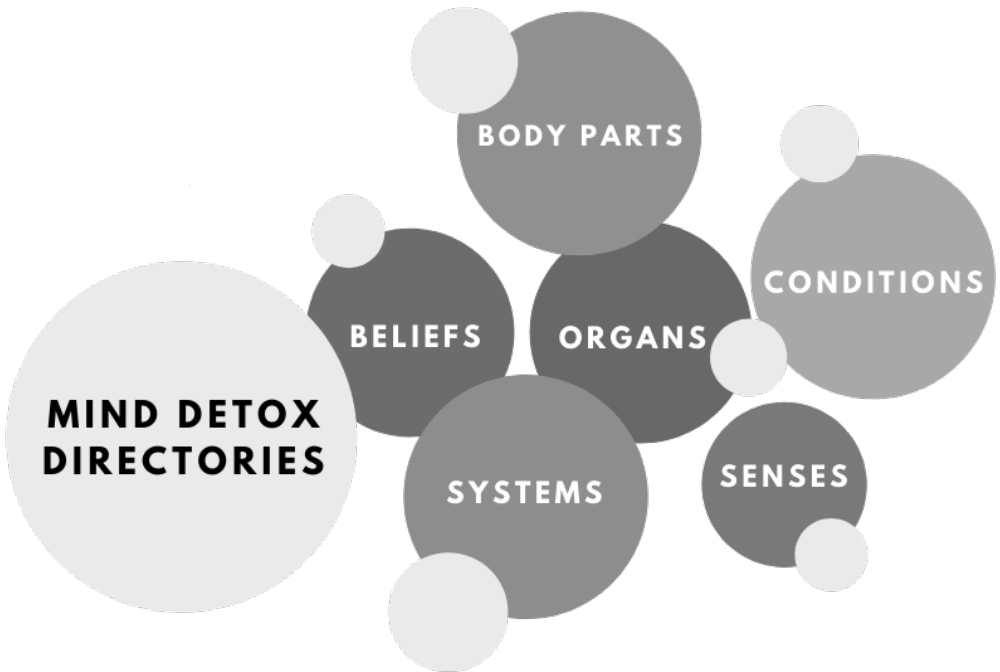
NOTES:

- Introduce client to 'Conflict Theory' prior to taking them through this protocol.
- Introduce client to 'Context Awareness' prior to taking them through this protocol.
- To use and benefit from this 'Advanced Conditioned Conflict Cure' your client must be able to engage and maintain 'context awareness' for the duration of the protocol.
- This protocol can be set as 'homework' between sessions. Invite your client to use anytime they become aware of a life event that they are in conflict with i.e. unwilling to experience.

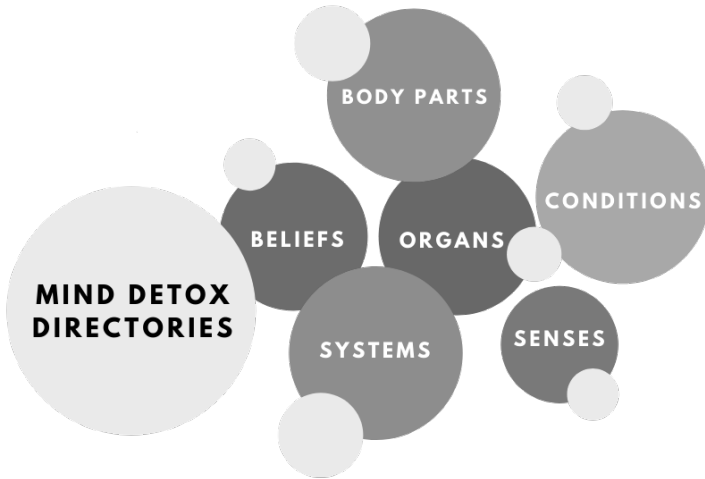
Mind Detox Directories



Overview



INTRO : The Mind Detox Directories



QUICK OVERVIEW

Body Parts Directory: Listing the common mind-based causes of conditions relating to the main parts of your body.

Organs Directory: Listing the common mind-based causes of conditions relating to the main organs of your body.

Systems Directory: Listing the common mind-based causes of conditions relating to the 12 body systems.

Senses Directory: Offering guidance on the common mind-based causes of issues relating to your five senses.

Conditions Directory: Listing the common mind-based causes relating to 101 physical conditions.

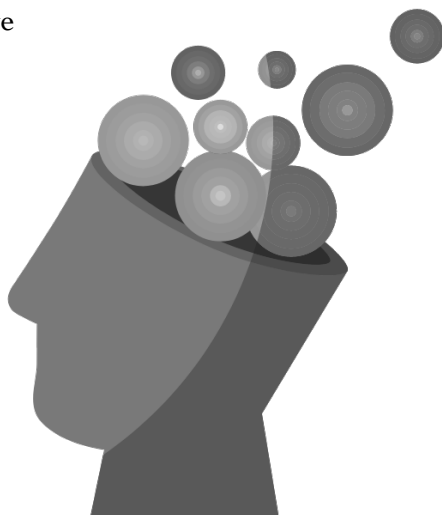
Beliefs Directory: Listing the top most common toxic beliefs.

* Please download and refer to Mind Detox Directories document.

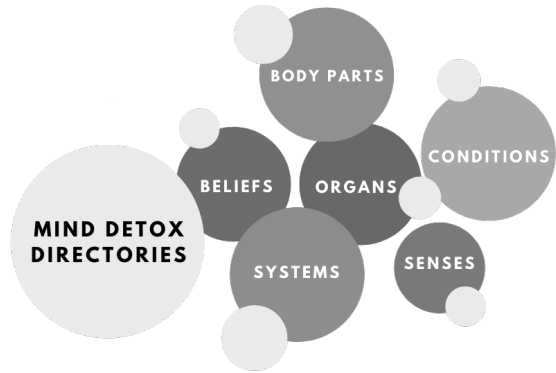
TOP TOXIC BELIEFS

1. My mum/dad didn't love me
2. I'm unloved
3. I'm unwanted
4. I'm rejected
5. I'm alone
6. I'm abandoned
7. I'm isolated
8. Someone important left me
9. There's nobody there for me
10. There is something wrong with me
11. I'm bad
12. I'm not good enough
13. I'm let down by others
14. I've let others down
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 can't stop bad things happening
20. I'm unprotected
21. I'm unsafe
22. I'm weak
23. I'm vulnerable
24. I have no control
25. I'm worthless

Listen out for these beliefs and make sure you don't believe any of them, too!



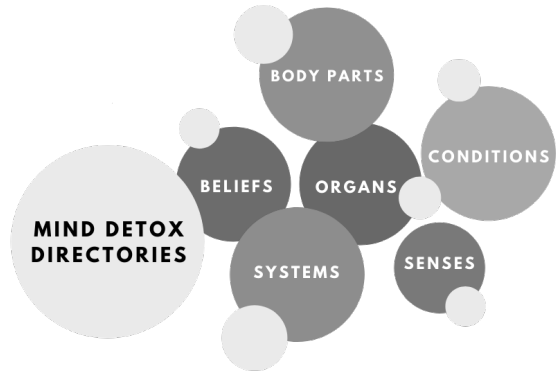
The Mind Detox Directories



GENERAL GUIDELINES

- For the Body Parts, Organs, Systems and Senses directories, find the body part, organ, system or sense that has a physical condition happening within it.
- Read through the common mind-based cause(s) that people with issues relating to that aspect of their body tend to be dealing with. You will know you've found a possible cause because it will feel true to them – almost like you've just told them what's been going on in their life.
- Once you've found the potential cause, ask:
 - *Where has this feeling or experience shown up in your life? or*
 - *What event in your life is the cause of 'X', the first event...*
- Once it does, use the 5 Step Method or Conflict Cure(s) and install the learnings/embody the virtue(s) the client needs to allow for enhanced harmony in relation to the event or experience.

The Mind Detox Directories



USING TCM TO HELP DIAGNOSE

Traditional Chinese Medicine (TCM) recognises the different sides of the body are either masculine or feminine. Masculine is not 'male' and feminine is not 'female' so, to use this model effectively, do not try to fit them into the classical concepts about male and female traits.

Using this understanding to help diagnosis is about determining whether the masculine and feminine qualities are in **balance**, or not.

Masculine (Right) Side - The masculine side is about giving, moving, manifesting and doing. It is how you create in the external world and is associated primarily with the outflow of energy. If there is an imbalance, you may hold back from giving, be unassertive, doubtful, lack confidence and not be doing what is required to create.

Feminine (Left) Side - The feminine side is about receiving, being and the inner self. It is how you receive and is associated primarily with the inflow of energy. If there is an imbalance, there may be unrest within your inner sense of self and you may be closed off to allowing in certain aspects of your external life.

HOW TO USE BODY PART DIRECTORY

1. Locate the side(s) of the body: Notice if the problem is mainly on one side of your body or recall if it started on one side of your body. If it is on both, take account of both masculine and feminine aspects in relation to the mind-based causes.
2. Link the body part with the mind-based cause: Scan down the directory to find the body part and then read the common causes of issues happening within that body part. When reading, invite your client to notice if they resonate with **any** of the common cause(s).
3. Discover and resolve the root cause:
 - Ask: Where has this experience shown up in your life?
 - Use: 5 Step Method to discover and resolve the root cause reason.
 - Use: Conflict Cure to discover and resolve the root cause conflict.
 - Use: Advanced Conflict Cure to resolve the root cause conflict.

NECK

<i>Function</i>	Viewpoints
<i>Left Side</i>	Resistance to accepting certain viewpoints of your inner knowing +/- or attachment to your inner voice saying something else.
<i>Right Side</i>	Attached to giving your viewpoints in relation to what you do +/- or resistance to listening + acting upon externally received viewpoints.

The Mind Detox Directories

Condition	Common Causes [In No Particular Order]
<p>Joint Problems <i>I am flexible & free</i></p>	<p><i>Unable to move freely. Disconnected. Hard to connect. Stuck. Mental & behavioral inflexibility. Becoming hardened to protect. Feeling attacked. Self-judgement. Hard on yourself. Unable to do what you want. Hurt.</i></p>
<p>Dementia <i>I am at peace with my past & possible future.</i></p>	<p><i>Unprocessed past. Regret. Shame. Guilt. Deep rooted desire to forget. Over-loaded. Not speaking mind. Communication blocks. Unsaid. Secrets. Confused. Closed communications. Unclear direction/purpose.</i></p>
<p>Epilepsy <i>I am surrendered to what meets my senses.</i></p>	<p><i>Chronic sense of imminent attack. Lacking control. Feeling controlled. Rigid thinking. Holding back from biting back. Sensory overload. Need to shut out sensory experience.</i></p>
<p>Lupus <i>I am secure within myself & very loved.</i></p>	<p><i>Feeling attacked / under-threat. Unprotected. Vulnerable. Deserving of punishment. In Danger. Unresolved Parental Issues. Being hard on yourself. Closing down aspects of self. Unresolved / unprocessed hurts. Fear of death.</i></p>
<p>Lyme Disease <i>I am strengthened by all external situations.</i></p>	<p><i>Invasion of personal space / sovereignty. Drained. Fragile. Tired. Unloved. Unsupported. Stuck in a situation. Overwhelm. Weak. Environmental negativity. Irritation. Something under my skin. Situation or person sucking you dry. Resistance to responsibility.</i></p>
<p>Shortness of Breath <i>I am open to all that supports & sustains.</i></p>	<p><i>Too much mental activity. Struggle. Heaviness. Under pressure. Unable to support self. Feeling restricted / suffocated. Heavy / hurt heart. Lacking life support. Unworthy. Lack of self love. Questions around right to 'be here'. Desire to be invisible. Hiding. Seen Not Heard.</i></p>
<p>Fibromyalgia <i>I am fully deserving of living a full life.</i></p>	<p><i>Unresolved hurt. Rigid thinking. Over-control. Stuck in ways. Unsafe to relax. Grief. Loss. Life is Unfair. Injustice. Deserving of punishment. Invaded. Unforgiveness. Vulnerable & Weak. Heavy Responsibilities. Resisting emotions & perceived reality. Unfriendly world. Over-compromising.</i></p>

Compromise: Unheard Heart

Our heart is constantly communicating via our intuitions, silent knowings and frequent feelings.



Not living our purpose is a cause of many mental, emotional, and physical issues. When we stop hearing our heart, we can let our head (fear) stop us from taking action, causing us to get stuck in situations that are wrong for us (over time causing conflict and stress). Due to the disharmony within your heart, mind, body and soul, an unheard heart is one of the most common causes of unhappiness and compromised health.

Unhealthy compromise happens when you know that something isn't right for you, but you continue being, doing or having it anyway. Over time, having a conflicted head-heart compromise becomes corrosive because it is stressful to suppress inner knowings, energetic impulses and intuitive desires. Compromise also creates an inner conflict between what your heart knows is right and what your head believes is realistic.

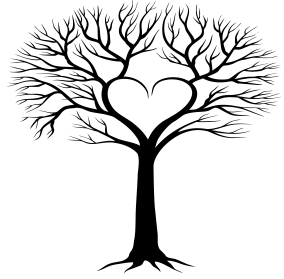
ASK: Where in your life are you compromising?

You will notice that this is not a question that requires much thinking. Quite the opposite! You will find that if there is any compromise(s) in your life, the answer will come instantly. The Goal : Clear Compromise!

Combining the Directories

Condition	Relevant Directories
Eczema on Face	Conditions Directory (Eczema) Body Part Directory (Face) Organs Directory (Skin) Systems Directory (Integumentary)
Weight Gain due to Thyroid Issue	Conditions Directory (Weight Gain) Organs Directory (Glands) Systems Directory (Endocrine)
Muscular Shoulder Pain	Conditions Directory (Chronic Pain) Systems Directory (Muscular)
Myoma in Womb	Systems Directory (Reproductive + Muscular)
Constipation	Conditions Directory (Constipation) Systems Directory (Digestive)
Asthma	Conditions Directory (Asthma) Organs Directory (Lungs) Systems Directory (Respiratory)
Diabetes	Conditions Directory (Diabetes) Organs Directory (Pancreas) Organs Directory (Liver) Systems Directory (Endocrine + Digestive)
Hay Fever	Conditions Directory (Hay Fever) Systems Directory (Immune)
Infertility	Conditions Directory (Infertility) Systems Directory (Reproductive)
Migraines	Conditions Directory (Migraines) Conditions Directory (Headaches) Conditions Directory (Nausea) Systems Directory (Nervous)

BONUS! Future Memories



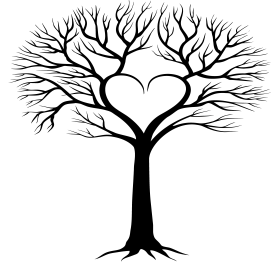
FUTURE MEMORIES

Both past and future events are ‘memories’ because they are imagined in the mind; one we believe happened and one we believe might happen. Mind Detox can be used on future events that are causing your client to experience negative emotions, such as fear or anxiety. Here’s how:

1. **EVENT:** Clarify the future event that is triggering negativity.
2. **REASON:** Use Step 3 of the 5 Step Method to clarify the Root Cause Reason. For example: *What is it about this possible future event that is a problem for you? Ultimately, what is it about what might happen that is causing you to feel this way?*
3. **RESOLUTION:** *What can you know now, that if you knew it then, you would never feel (state RCR) in the future moment?* [List loving and liberating learnings] *What positive virtue would the future you need to be, in order to more comfortably and easily experience this future moment?* [Embody the Virtue] *While still being and feeling the virtue, go to the future moment and play the movie of the event from start to finish, while being the virtue and knowing (state learnings).* *Play the movie to a point in time after the successful conclusion of this future event.*
4. **TEST:** Use Step 5 of the 5-Step Method to first test the Root Cause Reason. To test the ‘Future Memory’, ASK: *When you think about the future event you might find the emotion is gone and you feel more neutral or even positive now?*

If the ‘Future Memory’ still has negative emotions associated with it, then you can (in no particular order): 1) Use the Conflict Cure or Advanced Conflict Cure on the future event. 2) Use Parts Conflict Protocol 3) Use 5-Step Method on a past Root Cause Event. 4) Explore more virtues/learnings with the client.

Quick Version: Clarify the ‘future feeling’ and use the RESOLUTION step.



PRIMARY PROTOCOLS

1. Classic 5-Step Method: *For resolving the root causes during this lifetime.*
2. Advanced 5-Step Method: *For resolving the causes beyond this lifetime.*
3. 3-Step Conflict Cure: *For curing unconscious conflict experiences*
4. Advanced Conflict Cure: *For conscious experiencing and being virtues*
5. 5 Core Causes: *For healing how we relate & interact with mind/body/life*

SUPPORTING PROTOCOLS

1. GAAWO: *For being clear and here*
2. Counting Thoughts: *For when lost in compulsive thinking*
3. Special Stories: *For depersonalizing thinking patterns*
4. Real Required Relevant: *For questioning the need to think*
5. Reality Check: *For tuning into the here and now*
6. Real Life: *For living less in an unreal imagined life*
7. My World: *For living more in your immediate world*
8. Hello Emotions: *For finding peace with emotions*
9. Double-Sided Eyes: *For dissolving intense emotions*
10. One-Love: *For letting go of labels & experiencing love*
11. OM Love Sitting: *For letting love fill our body & being*
12. Common Conflicts: *For clearing unconscious conflicts*
13. Realms of Resistance: *For recognizing resistances*
14. Areas of Attachment: *For acknowledging attachments*
15. Courageous Contentment: *For controlling life less*
16. Being Both: *For welcoming the unwanted*
17. Surrender Sitting: *For mastering the skill of surrender*
18. Notice the Now Space: *For bring context aware*
19. Who Cares? *For calming chronic concern*
20. Stillness Sitting: *For diving into the depth of your being*
21. Attention Attunement: *For strengthening your attention muscle*
22. Mind Detox Directories: *For investigating all common causes*

COMBINING: The Master Toolkit

Consider all that you could combine to help these symptoms:

Symptoms	Principles & Protocols
Insomnia	
Anxiety	
Jealousy	
Knee Pain (Left Side)	
Migraines	
Neck Pain (Right Side)	
Psoriasis	
Debt	

SESSION JOURNEYS

EXAMPLE ONE ORIGINS

- 1) *Find the Root Cause Event & Reason Using the 5 Step Method*
 - 2) *Resolve the Root Cause Reason with Step 4 of 5 Step Method*
 - 3) *Test the Work. If above zero, use Step 4.2 and/or Parts Protocol*
- * Alternative: Advanced Origins (Womb, Past Lives, Generations)*

EXAMPLE THREE CONFLICTS

- 1) *Use Conflict Cure to Clarify the Conflict Experience / Life Happening*
 - 2) *Resolve the Root Cause Conflict Using 'All Things Are Possible' and/or Conflict-Free Past/Future*
 - 3) *Test the Work :- Peace With Conflict & Peace With Problem*
- * Alternative: Advanced Conflicts (Content-Free Awareness Protocol)*

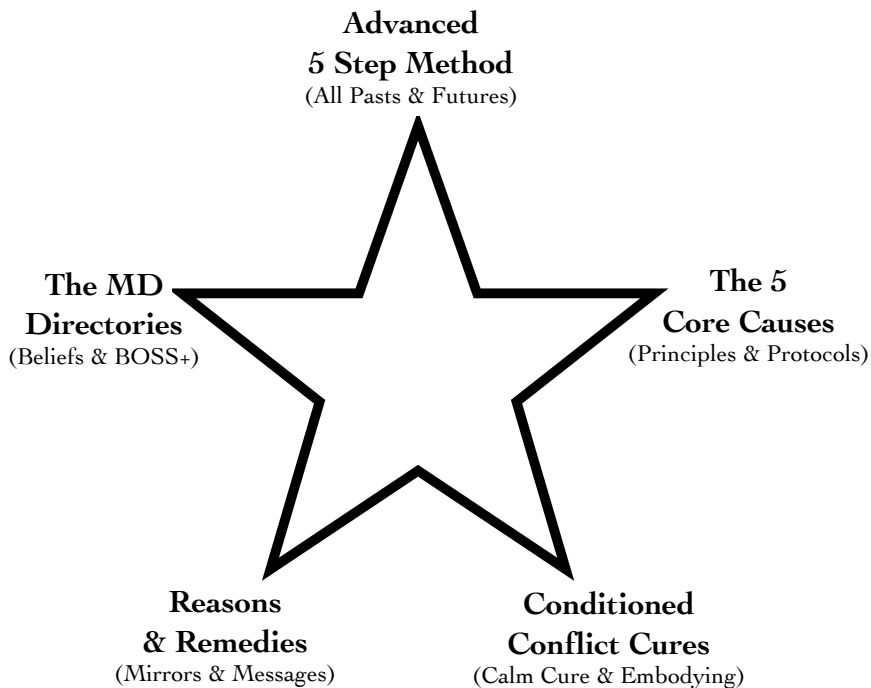
EXAMPLE TWO VEARNINGS

- 1) *Find the Root Cause Event & Reason Using the 5 Step Method*
- 2) *Explore Positive Learnings with Step 4 of 5 Step Method*
- 3) *Embody Most Appropriate Virtue*
- 4) *With Virtue Embodied, use Install the Knowing Exercise. Test.*

EXAMPLE FOUR CORES

- 1) *Invite Client to Describe What's Going On In Mind, Body, Life*
 - 2) *Select Most Appropriate Core Causes and Share Talk(s)*
 - 3) *Prescribe Most Appropriate Protocols to Play With Between Now & Next Session*
- * Follow-Up: Check-In On Progress, Difficulties, Dive-Deeper, Protocols.*

Methods



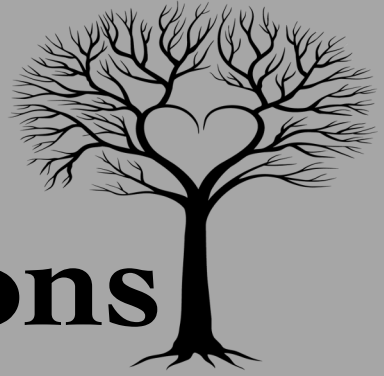
ULTIMATE OBJECTIVE OF MIND DETOX

To reduce and ultimately eliminate the reasons your client has to ever need to leave the present moment.

"Ask yourself: *Where am I?* Answer: *Here.*
Ask yourself: *What time is it?* Answer: *Now.*
Say it until you can hear it."

RAM DASS

Mind Detox
Submissions



Exam & Case Studies



Mind Detox EXAM

Please see below for the questions that you need to answer correctly in order to pass the THEORY part of your Master Practitioner Certification.

- Q1. List the 5 'methods' used by Master Practitioners. Provide a summary of each.
- Q2. List the 5 foundational principles that support the Master Practitioner mindset. Provide a brief summary of each. (Please also share the 'Ultimate Objective of Mind Detox' in your answer.)
- Q3. What would you say to a client who appears to be over-thinking? Provide list all 'Over-Think' protocols, along with a brief transcript of how you would guide a client through one of the protocols.
- Q4. What would you say to a client who appears to be over-feeling? Provide list all 'Over-Feel' protocols, along with a brief transcript of how you would guide a client through one of the protocols.
- Q5. What would you say to a client who appears to be over-timing? Provide list all 'Over-Time' protocols, along with a brief transcript of how you would guide a client through one of the protocols.
- Q6. What would you say to a client who appears to be over-controlling? Provide list all 'Over-Control' protocols, along with a brief transcript of how you would guide a client through one of the protocols.
- Q7. What would you say to a client who appears to be over-doing? Provide list all 'Over-Do' protocols, along with a brief transcript of how you would guide a client through one of the protocols.
- Q8. What are the four primary functions of the unconscious mind? Why is it important for you and your clients to know?
- Q9. List two of the Very Useful Questions for discovering the hidden benefits of keeping a problem. Why is it sometimes necessary to highlight secondary gain?
- Q10. In what ways can the body mirror the mind? How is knowing this beneficial? List 3 questions you can ask to explore possible mind-body connection messages?

CONTINUED ON NEXT PAGE.

Mind Detox EXAM

- Q11. What is the function of these feelings: Anger, Sadness, Fear, Guilt and Hurt?
- Q12. What are the three parts of every problem and the two elements of a Root Cause Conflict. Why is it beneficial to clear unconscious conflict?
- Q13. Your client cannot sleep... what Master Practitioner principles and/or protocols would you use and why?
- Q14. Your client suffers from anxiety... what Master Practitioner principles and/or protocols would you use and why?
- Q15. Your client's relationship is on the rocks... what Master Practitioner principles and/or protocols would you use and why?
- Q16. Your client is dwelling on past hurts... what Master Practitioner principles and/or protocols would you use and why?
- Q17. Your client has lower back pain... what Master Practitioner principles and/or protocols would you use and why?
- Q18. Your client experiences migraines... what Master Practitioner principles and/or protocols would you use and why?
- Q19. Your client is struggling to make money... what Master Practitioner principles and/or protocols would you use and why?
- Q20. Your client lacks confidence... what Master Practitioner principles and/or protocols would you use and why?
- Q21. Your client has anger issues.... what Master Practitioner principles and/or protocols would you use and why?
- Q22. Your client wants to explore their spiritual side... what Master Practitioner principles and/or protocols would you use and why?
- Bonus Question - Why do you want to be a Mind Detox Master Practitioner?

Mind Detox CASE STUDIES

The key with the Mind Detox is practice. This helps you get familiar with the scripts and learn how it works in the 'real world'. Please do 10 co-coaching practice sessions with your fellow course students and then meet with your Coach Trainer before working with anyone that does not know the methods. If you both agree you are ready, your Mind Detox Case Studies - with 'real people' - should cover the following:

1. The presenting problem you worked on with your case study client.
2. The root-cause event age and briefly what happened.
3. The root-cause reason you found (making sure you clearly state it as 'emotion + reason' and score it from 0 to 10).
4. The positive learnings (or virtue) that you helped your client install.
5. The other principles or protocols you shared with the client, and why.
6. What you found challenging about the session and what you would do differently next time.
7. The end result – including the feedback you received from the client.

Please be as honest as possible and if you have any questions then include them in your summary notes and ask them during Supervision Sessions. Please also follow-up and see how your clients got on after the session.

NOTES

Please see your online resources and speak with your mentor about how many case studies are required for your course. It is recommended you write up your case study summaries in a word document and then copy and paste them into the online form.

Mind Detox

Professional



Business & Marketing



BUSINESS Insurance

You MUST be insured in order to use Mind Detox with others.

We recommended an Insurance Provider who knows us and offers our graduates a discount:

HOLISTIC INSURANCE SERVICES

181a Watling Street West, Towcester, Northants, NN12 6BX

Tel: 0845 222 2236 Fax: 0845 222 2237

www.holisticinsurance.co.uk

The annual premium to be insured as a Calmologist with Holistic Insurance Services is £53,25/yr (discounted from £63.90/yr).

This insurance policy is for Mind Detox Master Practitioners who operate within the UK - under UK law. If you do not live in the UK, you will need to contact them to find out if they will cover your country or check with your current insurance provider and ask them. If they need anything from us in order to recognise your Mind Detox qualification, then contact us.

NOTE

Holistic Insurance Services require you to keep your consultation case notes for a minimum of 5 years. You also need to be able to prove that you have done an initial consultation/screening to check that Mind Detox is appropriate for the client. For example, Sandy has booking forms for all of his mentoring and events on this website, which require clients to provide background info about their current mental/physical state. Scroll down for more on our recommended Code of Conduct.

BUSINESS Disclaimer

It is recommended that you have everyone you work with agree to a Disclaimer before working with them.

Personally, I have my disclaimer stated on my website and 'customers' have to agree to it before submitting any booking form. I use booking forms for every single service I offer to ensure everyone has agreed to the disclaimer. Meaning, even if I have spoken to someone about working with them, I still ask them to complete a booking form to ensure that they agree to the disclaimer.

IT IS RECOMMENDED YOU SEEK ADVICE FROM YOUR OWN LAWYER BEFORE USING THE SAMPLE DISCLAIMER PROVIDED BELOW.

I understand that using any advice or technique shared by [insert NAME] is completely voluntary, under my own free will and at my own risk.

I also understand that no assurance guaranteeing my safety is being made and I agree to hold [insert NAME], the sponsors, facilitators, organisers and property owners completely harmless of all liability if I sustain any injury (except for any injury which is caused by [insert NAME] negligence or fraud or the negligence or fraud of any other party listed above). By agreeing to this waiver, I agree to assume full responsibility for any injury or injuries, physical, emotional and mental, that I may sustain when using Mind Detox which is not caused by [insert NAME] negligence or fraud (or the negligence or fraud of any other party listed above).

I also understand that [insert NAME] shall not be liable to me, whether in contract, tort (including negligence), breach of statutory duty, or otherwise, for any loss of profit, or for any indirect or consequential loss sustained by me or any third party arising under, or in connection with, me practising Mind Detox Method. However, nothing in this Disclaimer shall limit or exclude [insert NAME] liability for death or personal injury caused by its negligence, or the negligence of its employees, agents or subcontractors or for fraud or fraudulent misrepresentation.

BUSINESS GDPR Compliance



How To Be GDPR Compliant

The General Data Protection Regulation (GDPR) is the new European regulation on personal data protection.

The goal of this legislation is to help align existing data protection protocols while increasing the levels of protection for individuals. It came into legal effect from May 25th, 2018. Put simply, GDPR is a regulation that you'll want to take seriously. Below you will find a summary of how to be GDPR compliant, along with an example of the GDPR info that Sandy uses on his websites. If you are going to use the example, please read carefully and insert the appropriate information where required.

Even if you do not live or operate within the EU, we recommend you adhere to these standards as 'best practice'.

Please see online resources for a sample Privacy Policy.

1

OBTAINING CONSENT

Your terms of consent must be clear. Consent must be easily given and freely withdrawn at any time.

2

TIMELY BREACH NOTIFICATION

If a security breach occurs, you have 72 hours to report the data breach to both your customers and any data controllers, if your company is large enough to require a GDPR data controller. Failure to report breaches within this timeframe will lead to fines.

3

RIGHT TO DATA ACCESS

If your users request their existing data profile, you must be able to serve them with a fully detailed and free electronic copy of the data you've collected about them. This report must also include the various ways you're using their information.

4

RIGHT TO BE FORGOTTEN

Also known as the right to data deletion, once the original purpose or use of the customer data has been realized, your customers have the right to request that you totally erase their personal data.

5

DATA PORTABILITY

This gives users rights to their own data. They must be able to obtain their data from you and reuse that same data in different environments outside of your company.

6

PRIVACY BY DESIGN

This section of GDPR requires companies to design their systems with the proper security protocols in place from the start. Failure to design your systems of data collection the right way will result in a fine.

7

POTENTIAL DATA PROTECTION OFFICERS

In some cases, your company may need to appoint a data protection officer (DPO). Whether or not you need an officer depends upon the size of your company and at what level you currently process and collect data.

coredna

BUSINESS Code of Conduct

We adhere to the same guidelines as set out by the Federation of Holistic Therapists. This Code of Conduct is intended for use by all graduates of the Mind Detox Academy and is a guide to excellence in professional conduct and practice. This Code of Conduct seeks to set out the 'best practice' standards expected from a Mind Detox Master Practitioner - to ensure you are operating professionally, legally and ethically. In summary, Mind Detox Master Practitioners must, at all times:

- Act in the best interests of their clients;
- Respect their clients, other practitioners and healthcare professionals;
- Take responsibility for their own actions;
- Practise only within the limits of their competence;
- Aim to under-sell and over-deliver;
- Ensure their behaviour does not damage the reputation of the profession;
- Observe confidentiality;
- Practise within the law;
- Do not engage in inappropriate relations with clients;
- Maintain high standards of health and hygiene;
- Turn up on time and keep your commitments;
- Maintain and develop their knowledge and skills.

Please see online resources to download full Code of Conduct.

MARKETING Money Matters

WHAT PRICE TO CHARGE

Mind Detox can provide big benefits and massive value. Setting a fair price helps you to:

- Only work with people who are committed to change and make use of what you teach.
- Get higher word-of-mouth referral rates from existing happy customers.
- Provides a balanced energetic relationship with the people you work with.
- Earn a good income from doing the work you love.
- Get a return on your investment from training and graduating as a Mind Detox Master Practitioner.

I have noticed that the more I charge, the better the results my clients get. It is a fascinating phenomenon. I started off charging £45 per session and had a challenging time with my clients. They would talk for hours about their story and did not appear to want to move on. Then I increased my price to £75 per session and the results improved. Then again I increased my consultation fees, this time to £150, and guess what - the results became even better and the clients I attracted had a different level of focus and commitment. Since increasing my session rate to £297, I've had more repeat business and the results have been remarkable!

When clients meet with me, they waste no time. They want to learn and resolve things quickly and move on with their lives. They are also more willing to apply what we talk about between sessions. It is for this reason that I encourage you to charge a higher fee for your Mind Detox services, whenever possible. You can always offer concessionary discounts to those with a genuine need but not the means. Offering a higher rate, also gives you price flexibility too, enabling you to do 'flash sales' and still earn a fair rate.

● **MARKETING Money Matters**

THE AVERAGE PRICE FOR MIND DETOX

Due to the nature of Mind Detox, I recommend offering packages of 4-6 sessions and charge a fee that feels comfortable for that amount of time and exchange of expertise and energy. The recommended package price is anything from £195 to £345, depending on your personal motivations, location, expenses, experience and expertise outside of Mind Detox. If you feel uncomfortable charging, say £300, then perhaps you would prefer to offer a discount for people on low income or the unemployed.

You may want to decide how much income you would like each month/year and how many people you want (and can realistically) work with. If you divide the income by the number of people you will find out how much you need to charge. This is a far more effective pricing strategy than compared to plucking a price out of thin air and hoping enough people will be interested in working with you so that you make enough to pay the bills.

DESIGN A BUSINESS THAT DELIGHTS YOU

When designing your business, it is great to start by considering the kind of life you want to live. Personally, I want freedom to travel, the time to be creative, to work as part of a team and share the success so that everyone wins. These are my core values that have, for example, caused me to create online courses, offer online mentoring services and set up the 'home study' academy - so that I am working with coach trainers and sharing the success by paying them to support the next generation of Mind Detox Practitioners. Setting my business up this way allows me to have the space I need to write books and spend time anywhere in the world because I'm not fixed to any one location. So I recommend you design your business based upon your own personal values and shape your business to support it.

MARKETING Money Matters

MULTIPLE STREAMS OF INCOME

I have set up my business to benefit from multiple streams of income. Having multiple sources of income enables you to potentially earn less from each source, yet still end up with a healthy income at the end of each month/year. For example, my business consists of online mentoring sessions, courses, talks, retreats and products. Each provides a way for me to connect with a range of people and together adds up to make a healthy income from the work I do.

When setting up your business, it can be very useful to explore offering a range of different formats. Some people will want private one-to-one consultations, while others will find a private clinic too daunting (to start with) and will be delighted to see you offer group courses or products. Other people will prefer the exact opposite. By offering a range of service formats, you can appeal to a larger audience and make a bigger income from the work you do.

Variety is a high value of mine, so having a business model that allows me to be creative in a number of different ways works well. I am never chasing mentoring clients and find that the different offerings all feed each other. If a person buys a product, they are highly likely to attend a clinic, retreat or participate in a course. This means, one person will buy multiple products/services and as you may already know, it is easier to sell to current clients than always have to find new ones.

As a Mind Detox Master Practitioner you are permitted to offer one-to-one Mind Detox coaching services using the Mind Detox principles and protocols. You are not qualified to teach and qualify other Mind Detox Practitioners or Master Practitioners. Whenever sharing the Mind Detox principles or protocols, please give credit in the marketing materials i.e. 'I am a qualified Mind Detox Master Practitioner, trained by Sandy C. Newbigging'. Please do not imply that you created the Mind Detox method. If in doubt, please ask.

MARKETING Money Matters

VALUE VERSUS TIME

It is very important that you focus on selling the value of the results people can get, rather than attempt to sell an 'hour with you'. If a person works in a shop they might earn £15 per hour, if they do massage they might earn £45. If you then say an hour with you costs £95 then you might find potential clients question your price. However, if you find out what your potential clients wants to work on and then offer Mind Detox as a potential solution to their problem, you will find it much easier for your clients to see the value in what you are offering.

Let's say a person has been suffering every day for the past 3 years because they cannot sleep. How much do you think that person would pay to be free from insomnia? A coaching package of £300 is a small price to pay for freedom from the discomfort of not being able to sleep, for example. Or what if the person you meet keeps creating relationship problems and is about to have a divorce. They may be facing their family falling apart, their kids going through a traumatic break-up of their parents, lawyers fees, moving costs and splitting financial assets with their soon-to-be ex-wife or husband. £345 for a Mind Detox Mentoring Package is a very small price to pay if they could get peace with the past and move on without a messy (and potentially expensive) divorce. These are just two common examples that help to illustrate the importance of focusing on the value you can offer potential clients, rather than attempting to sell an hourly rate.

It has been said that 'price resistance is always in the seller, not the buyer' and this is very much my experience. It is important that you charge a price that you are comfortable with. At the same time, if it is much lower than the industry norm then you might also want to explore whether you have any 'issues' linked with money matters. I have found that since I became fully congruent with the prices I charge, the less resistance I have from potential clients with regards to my price.

MARKETING One Sentence Wonder

GET YOUR ELEVATOR PITCH READY... NOW!

Your 'Elevator Pitch' is a pre-planned sentence or two that describes what Calmology is and how someone could benefit from it. It is very beneficial for you to get clear in advance - so you are ready to deliver a clean and clear statement to anyone who says the magic words – Mind Detox... what's that?' Knowing this makes you more trustworthy from your first interaction with potential clients.

MIND DETOX

'Mind Detox is a powerful method for discovering and resolving the root causes of chronic conditions, emotional issues and life problems'

'If something negative is happening in your body or life, and you don't know why, then Mind Detox can help you find and heal the hidden cause.'

'Mind Detox is a 5-step method that gets to the heart of any issue and helps you to move forward free from what's been stopping you.'

'Mind Detox helps you to clear toxic beliefs that are unconsciously creating problems so that you can enjoy the success you want.'

'Mind Detox is all about clearing your mind and living more in the moment. It reduces the reasons we have to leave 'the now' and so we can live the best life – not later but now!'

Choose the One Sentence Wonder that you feel would resonate best with your prospective client.

MARKETING Beaming Biography

Your biography is a brief summary of your credentials, including your relevant qualifications, professional endorsements, published work, your specialities and any other useful information about you that will make you appealing to potential clients. A beaming biography opens doors. It summarises why someone would want to come to your talk, attend your workshop, publish your work in their magazine and/or book a coaching package with you.

WRITING YOUR OWN BEAMING BIOGRAPHY

In a word document or in a journal, write a list of the following:

- Qualifications (for example: qualified Mind Detox Master Practitioner trained by best-selling author Sandy Newbigging)
- Endorsements (positive quotes that industry leaders or clients have said about you)
- Specialist Interests (including 'confidence', 'relationships', 'stress-reduction' etc.)
- Strengths (including relevant skills such as 'approachable', intuitive, light-hearted, clarity etc.)
- Published Work (books, articles, blogs etc.)
- Businesses you own or are involved in to demonstrate you are a big player in the industry.

Then, once you have your list, highlight the top 5 best credentials and bring them together into a coherent paragraph that will make potential clients and event organisers feel lucky to work with you.

● **MARKETING People Buy People**

Although you've trained in the ability to share some really powerful techniques, people don't want to buy techniques. They buy the person sharing the technique, which is you. When a person is deciding if they want to pay you for your advice and guidance, they are going to largely base their decision on if they see you as an inspiring person who is experiencing what they want.

If you are ever finding 'business is slow' then you need to have a look in the metaphorical mirror. Would you hire you? Are you living an inspirational life? Are you living the teachings that you want to teach others? Would someone look at you (and the way you are living) and want to be like you? Do they want what you have? Are you tired, stressed, moaning, moody, worrying, gossiping, thinking lots etc.? Or are you radiating aliveness, calmness, presence, stillness, kindness, happiness, and clearly loving your life etc.?

Avoid blaming the economy, price, time of the year, your marketing skills or social media numbers, or other people's not being 'ready' for what you offer. Be the change you want to see in the world. Live the teachings and embody the techniques and soon clients will come knocking.

TOP TIP: DON'T SELL THE TOOLS

A person doesn't necessarily want to buy a drill, they want a hole in the wall. In other words, they don't necessarily want techniques, they want what the techniques will give them. For example, it is good to advertise that someone will experience the 'Mind Detox Method' however, make sure you focus more on the problems the technique solves and benefits and value gained from using Mind Detox etc.

● **MARKETING The 4 Emotions**

SPEAK TO THE HEART NOT THE HEAD

Most people's buying strategies are driven by emotion. As a result, you want to ensure that your potential clients and audiences become emotionally engaged with what you are offering.

There are four main emotions that motivate people to buy:

PAIN in the Present

HOPE in the Future

FAITH in your Promise

URGENCY to get Started

1. PAIN IN THE PRESENT

Highlight the problem that you have a solution for. For instance, this could include talking about the large number of physical conditions that are potentially caused by stress and negative emotions. For instance, Dr Bruce Lipton suggests that 95% of all physical conditions are caused by stress in the autonomic nervous system. This means, even if you do your best to exercise and eat right, if you have toxic beliefs or emotional baggage, then optimum health and happiness may elude you.

2. HOPE IN THE FUTURE

Better health, wealth and happiness is possible if you make it a priority to discover and heal the mind-based causes of stress. Share inspiring stories, either based upon your own life or the lives of your past clients, that show how it is possible to move away from pain, ill health, feeling bad and persistent life problems.

3. FAITH IN YOUR PROMISE

Share your credentials so that your potential clients believe that you are able to follow through and deliver what you are saying is possible. Ideally, back your stories up with science, statistics and practical theory that encourages your potential clients to believe that what you are offering can genuinely benefit them.

● **MARKETING The 4 Emotions**

4. URGENCY TO GET STARTED

Offer an incentive or reason to buy sooner rather than later. Remember, for every day that passes since your potential client has spoken to you or seen you speak, the odds of them buying your products or services reduces by 50%. Avoid people going home to 'think about it' because they will likely get distracted, forget about you or buy someone else's product or service. You may want to offer a 'free' gift upon booking, or a 'limited time only' discount, or reduce the availability so that there are limited spaces / products. Whatever you do, remember to 'close the sale' by setting clear parameters on WHEN they need to buy - and make it clear that if they don't buy now, they will most likely miss out.

DOES THIS ALL SOUND TOO SALESY?

It need not be. You can be very relaxed, informative, and entertaining with the stories and anecdotes that you share. The key is to speak from your heart and genuinely care about helping others to enjoy better lives. And don't forget, the people you are going to work with are going to benefit massively from what you have to offer them.

Ultimately, they want what you have to 'sell' - they just need to know that you have what they are looking for.

● **MARKETING The One Thought**

THE ONE THOUGHT YOU WANT PEOPLE TO THINK

When talking to potential clients, you want them to be thinking 'me too'. You want them to relate to you and be encouraged that if you've overcome it, then they can too. In a word document or in your journal, write down your story.

Questions to consider include:

- What was my rock-bottom wake up call? By this, what bad things happened in my life that motivated me to search out a new way of thinking, feeling and living?
- What did you want to let go of? ... negative emotions, unhealthy habits and behaviours and/or negative life circumstances?
- What did you want to gain? ... positive emotions, healthy habits and behaviours and/or positive life circumstances?
- How did what the techniques that you have used help you to improve things?
- Where are you today and how is that different to where you started?
- Why is what you've done possible for your potential clients too?

Ideally, you want to share your inspiring story including relevant supporting science, statistics and theory - all in a way that causes your potential clients to experience the four emotions that sell and the one thought ("me too") that motivates buying decisions.

Supervision Sessions

INVITATION REMINDER:

Please do your best to attend the monthly live Supervision Session webinars. The schedule can be found in the online resources. These webinars are a very important part of your training and you are encouraged to attend and participate. This is one way we know how you are getting on and is taken into consideration when the final decision is made about your graduation. See you online soon!



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