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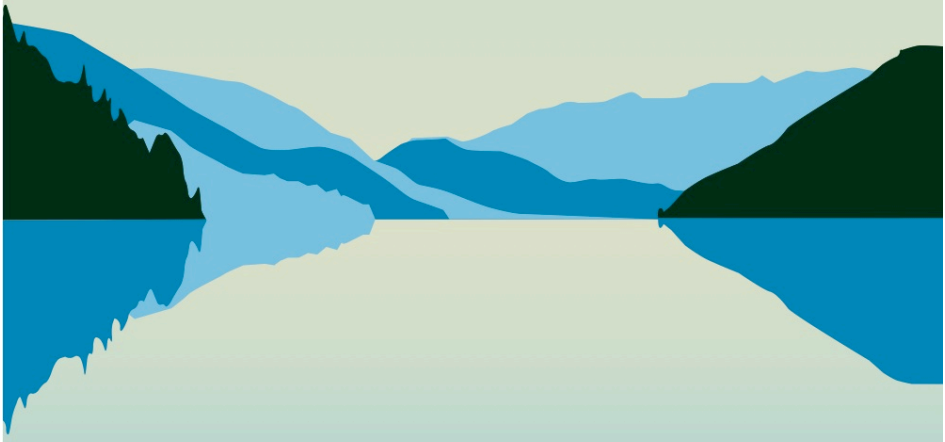
MIND CALM

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



SANDY C. NEWBIGGING
FOREWORD BY ROBERT HOLDEN PhD

'Sandy is one of the best meditation teachers around'
YOGA MAGAZINE

Welcome to the meditation technique that you've been looking for. With MIND CALM you will learn how to let go of the constant chatter in your mind, gain clarity, perform at your best, worry less, heal faster, sleep better, improve relationships, and feel more calm, confident and content – whenever you want.

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

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

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SANDY NEWBIGGING is the creator and award-winning trainer of Mind Calm Meditation and the Mind Detox Method, and the bestselling author of *Thunk!* and *Heal the Hidden Cause*. Sandy trains practitioners in his methods via his academy and has been featured in numerous television series internationally.
www.sandynewbigging.com

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PRAISE FOR MIND CALM:

'Sandy has the ability to explain how you can get true calm in mind and body with ease and without struggle. No matter how fast paced your world is, no matter how chaotic or conflicted your life is, Mind Calm *will give you all the insights and tools to get what you want, when you want it. If you want peace, love and happiness,* Mind Calm *is the book for you – read it and digest it all. You will not regret it.'*
Joseph Clough, bestselling author of *Be Your Potential*

'Mind Calm is a simple yet brilliant tool for being at peace with our innermost irritant thoughts. Sandy expertly shares usable techniques for a life-enhancing meditation practice that results in less stress. This is a book I will recommend over and over to my clients.'
Becky Walsh, radio presenter, comedian and author of *You Do Know*

'I'm always inspired by Sandy's teachings. In this practical book, he shows that you don't need years of meditation practice to enjoy inner calm in your life.'
Phil Parker, originator of The Lightning Process and author of *Get the Life You Love, NOW*

'Mind Calm reminds us that happiness is an inside job. Filled to the brim with guidance that is straightforward yet profound, Sandy Newbigging has carved the path to finally finding peace with our minds. This book is a must read for anyone ready to welcome more simplicity, serenity and success into their life.'
Christy Fergusson, author of *Hot, Healthy, Happy*

'Sandy writes with such lucidity and calm. It would actually be quite difficult not to become calm while reading this book!'
David R. Hamilton PhD, author of *How Your Mind Can Heal Your Body*

'I love this book. I can see myself using it time and time again to, as Sandy suggests, "surrender to what is", "go with the flow" and "simplify my life". Oh the joy of a mind that is calm.'
Richard Flook, author of *Why Am I Sick?*

'Mind Calm *is packed full of fantastic information that not only calms the mind, but elicits a potential that moves us towards "genius". The book allows the reader to fully realize that if we only listen to the mind, we quickly tire of its discourse. Whereas if we silence the mind we connect with Source. Hurrah for MIND CALM!'*
Stewart Pearce, author of *The Alchemy of Voice*

CLIENT TESTIMONIALS:

'Mind Calm offers tools to experience the incredible peace, love and fulfilment that you've been looking for.'
S. Powers, Canada

'Mind Calm has brought more peace into my life and people have even commented that I'm laughing more (which I've noticed myself doing, too). Overall, Mind Calm has given me a greater sense of wellbeing.'
U. Walshe, Ireland

'Since learning Mind Calm, I can access my inner peace at any moment choose. I don't have to be sitting in my meditation practice to do it, but I can be calm at any moment when going about my everyday life.'
J. Bryant, UK

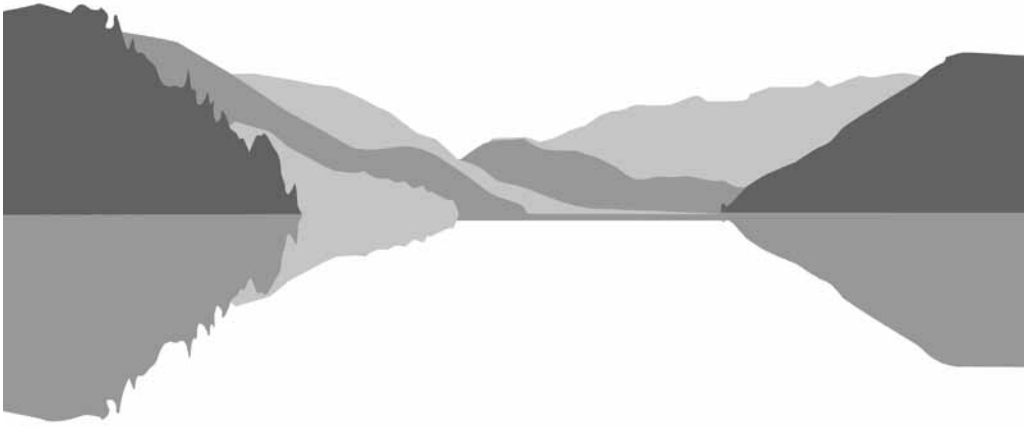
'The best thing I've got from Mind Calm is the understanding that I can let my thoughts and emotions come and go, and get back to my calm conscious awareness. It is such a free experience. After years of trying to strive for 'peace of mind', I can actually live a very serene life by developing a better relationship with the mind I have – it's just fantastic.'
S. McLaughlin, Ireland

'Mind Calm has been the best gift I have received in my life – allowing me to move from having boring days at work, always waiting for the weekend, to be able to have fun and excitement about life – every day.'
M. Tsachev, Bulgaria

'I love Mind Calm because I have found so much joy, peace and presence in my daily life, and it's just getting better and better.'
S. Buttimer, Ireland

'Mind Calm has given me a real sense of serenity. I can catch myself when I'm getting caught up in my mind, which allows me to come back to the present moment. Overall, Mind Calm has given me a better experience of life and I don't know anyone that doesn't want that.'
J. Graham, Scotland

MIND CALM



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

SANDY C. NEWBIGGING

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To all Teachers from all traditions who
have shared the universal message:

'Be Still and Know Who You Are.'

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FOREWORD

Have you seen the Monty Python comedy sketch '100-Metre Dash for People with No Sense of Direction'? Picture the scene: John Cleese, Michael Palin, Eric Idle and the rest of the runners are at the starting line. They are impatient and agitated as they wait for the starting gun to fire. Finally, the race begins, and everyone races off in different directions – meaning no one gets to the finishing line, no matter how fast they run. This sketch is a perfect metaphor for our mad-dash world, manic lifestyles and the chronic busyness that repeatedly takes us to our knees and makes us feel there must be a better way.

Where does this pressure come from to live so fast, to be so busy and so manic? Is it from society? Our upbringing? The media? Sandy Newbigging recognizes the external pressures, but he encourages us to look closer to home. In *Mind Calm*, he shows us how to liberate ourselves from the inner mind-made pressures that cause us to race for our lives. What Sandy helps us to do is to stop suffering from our own psychology. He helps us to be the thinker of our

thoughts instead of the victim of our thoughts. He offers us liberation from fear, judgment and attachments.

In my work as a coach I see that *most people don't need more therapy, they just need more clarity.* Sandy sees this too. He takes us beyond the fix-it approach. He helps us cultivate a healthy relationship with our mind. That's his approach: *peace with mind*. Sandy coaches us on how to befriend our own mind, and he does it brilliantly. Step by step, he shows us how to stop suffering from psychology, so to speak, and to cultivate an awareness that makes an inner shift from *becoming happy to being happy*.

My encouragement to you is to read *Mind Calm* with an open mind. Read it slowly. Don't race to the end. What you are looking for is on every page, not just the last page. Enjoy the journey. Sandy has filled *Mind Calm* with lots of insights, epiphanies and exercises that are truly enlightening and helpful. Give yourself to the programme Sandy has created for you, and as he says, *'let the loving hand of the universe guide you.' Mind Calm* is an inspiration, and I recommend it wholeheartedly.

Robert Holden PhD
Author of *Shift Happens!* and *Loveability*

Be Still.

Part I

TEACHINGS + TECHNIQUES

Chapter 1

HIDDEN CAUSES OF A BUSY MIND

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

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

From this study, together with what I've observed in the many people that I've taught meditation to, I have discovered a number of the subtler hidden causes as to

why so many people suffer from such busy minds. I am curious if you can relate to any of them.

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

Hidden cause 1: The Judgement Game

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

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

Judgement and the compulsion to overthink

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

Whether it is a minor irritation or a major catastrophe, the mind tends to react in the same manner: *Why has this happened to me? How might this impact my life? Am I*

going to be OK? Is my family going to be OK? How is it making me feel? Why am I feeling this way? How can I change, fix or improve things so everything will be better and I can feel good again?

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

Improve whatever you want

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

Quick cure 1: Suspend judgement

Whether you like it or not, as long as the mind is in play, the Judgement Game will happen. Remember it is how your mind makes sense of reality, which can be very useful at

times, especially if potentially life-threatening things are happening. However, if we're completely honest, most things the mind judges and overthinks are not life-threatening at all, far from it. So for the rest of the time – I'd suggest, 99 per cent of the time – it is more useful to suspend judgement.

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

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

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

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

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

Quick cure 2: It just is!

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

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

Remember the mind becomes active when it finds a problem that needs to be fixed. But if you are willing to let go of perceiving things as being problems, then you may find your mind has little to do and becomes quiet. Consider: *If something isn't good or bad, right or wrong, better or worse, then 'it just is', right?* Playing with the more neutral opinion that 'it just is', there is very little fuel for the thinking fire. Try it now. Choose a problem from your past, present or future and reflect: *Although this appears to be*

bad, negative, wrong or worse, I cannot deny the fact that it also just is.

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

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

Hidden cause 2: The Resist Persist

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

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

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

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

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

The product of pushing life away

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

Prior to exploring the true impact of pushing life events away, I thought it was the people, places, events and things happening that 'made me feel bad'. In reality, however, it was actually my inner mind-made judgements and subsequent resistance that were the cause of all those 'negative' emotions. Quite remarkable really! I spent so many hours working hard to fix, change and improve my body and life so that I could feel good, when all the time my feelings had very little to do with any external factors.

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

Resistance and the compulsion to overthink

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

mind notices what it's learned to be a 'negative' emotional energy, it feels compelled to figure out all possible ways to make the bad feelings go away so you can once again be happy.

Having noticed a negative emotion, two questions usually come to mind:

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

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

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

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

a new job. Resistance only causes you unnecessary stress and suffering. When you get this, it becomes the obvious choice to let go of resistance and take whatever action is required with mind calm.

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

Quick cure 1: Remove Reactive Resistance

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

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

Possible responses might include:

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

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

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

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

Quick cure 2: Bring it on!

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

in order to have any authority over your wellbeing. Stop resisting and you immediately feel better.

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

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

Hidden cause 3: The Attach Catch

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

Growing up you probably learned what a good life looks like. How much money you should have, the kind of house you should live in, the type of person you should end up with, the shape of body you should have, even the make and model of car you should drive... the list goes on and on.

The criteria for a good life are perpetuated in the movies and media, and can often be unintentionally instilled by our parents and peers. Predictably you can pick up a checklist of requirements in order to enjoy a happy and successful life.

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

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

Temporary highs at best

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

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

Sitting in my expensive convertible, which I'd spent years working to get, my mind gave me about five seconds of pure joy before it found something to judge negatively and resist. Can you relate to this? Without realizing it at the time, I had immediately become attached to the scratch being removed before I could fully enjoy the car again. This is just one example of the many times when I inadvertently fell into what I refer to as the 'Attach Catch'. Caught up in the belief that I couldn't be happy (or some other positive emotion) until certain things in my life were fixed, changed or improved first: *I'll be happy when I get my new home*; *I'll be happy when I've redecorated my new home*; *I'll be happy when I've paid off the mortgage* and so on. Left unseen, the mind can postpone your peace and happiness and be busy forever.

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

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

Attachment and the compulsion to overthink

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

Quick cure: Let go of things needing to be different

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

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

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

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

Hidden cause 4: The Time Trap

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

Going into the past offers, quite literally, a million memories to choose from for as far back as you can remember. Obviously, this can play havoc with your mind calm now if you regularly take jaunts down memory lane (or for some, memory highway!). Not only that, but if you believe in past lives then you can also end up sorting through memories from an infinite supply of other lifetimes, too. Adding to the time trap, you also have the future to contend with, which also brings with it an endless stream of potential scenarios for the mind to become embroiled in. All the time, missing the present moment. The Time Trap, left unseen, makes mind calm near impossible.

Stop thinking and get real

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

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

Time and the compulsion to overthink

There is a direct relationship between believing that the past and future are relevant to your current levels of peace, happiness, love and success and the compulsion to overthink. If you believe that you need to resolve all the 'bad' things that have happened in your life to date, then you will feel compelled to think at length about past memories. Similarly, if you believe that you need to have a better future so you can feel good then, again, you can find yourself needing to engage your mind anytime it presents thoughts about the future, and thinking, for example,

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

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

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

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

Quick cure: Reality Check

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

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

For a few moments aim to do nothing except be attentive to whatever is being presented to you right now. When doing this, you may notice that your mind becomes stiller. Especially when you give all your attention to what you

can see, hear, feel, smell and taste. It can also be fun to see how, in order to re-engage any thoughts, you have to take your attention away from this moment. You will discover later just how important it is to see that shift of attention but, for now, I want to finish this section on the Time Trap by sharing a few words on how to live with time, without being trapped in your mind by it.

It's about time

Obviously, making plans about the future is inevitable and if you never again speak about your past then you might not be the most interesting dinner-party guest! So I want to be clear, I'm not saying you must ignore the past or future. If, however, you continue to ignore the Time Trap then you will find yourself getting lost in your mind, time after time, potentially forever! You will feel compelled to engage with your mind every time it produces thoughts about the past and future. Meaning that Mind Calm will continue to elude you.

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

SUMMARY OF THE FOUR HIDDEN CAUSES

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

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

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

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

BE OPEN TO LETTING GO

Can you relate to any of these hidden causes? It is my hope that this chapter has been illuminating for you. So the next time your mind starts playing one of its games, you'll see it and won't feel compelled to take part in its

antics. You will find that the less you engage the mind, the less active it will be.

Most importantly, once you see these hidden causes of a busy mind, you'll find it easier to see the mind and not become lost in its inner workings. By being open to letting go of the mind when you see one of these hidden causes, then the big benefits of Mind Calm, which I'll share in the next chapter, will be your reward.

Chapter 2

THE BIG BENEFITS OF MIND CALM

Meditation can benefit anyone who makes it a priority and practises regularly. Over the past few years of teaching people from all backgrounds, I haven't met a single person who hasn't ended up benefiting from adopting a meditation routine.

Stepping back from the rigmarole of daily duties, taking a break from overthinking about the rights and wrongs of life, and scheduling in regular time-outs to close your eyes to enjoy stillness is a marvellous gift you can give yourself. Time after time, meditators experience less stress, better health, inner calm, clarity and creativity, more loving relationships and even increased productivity.

A PERPLEXING OBSERVATION

Despite meditation having such big benefits, it is quite remarkable that so few people actually do it. Having taught meditation around the world I've been fascinated to hear the many reasons people come up with as to why they don't meditate, including:

- ‘I can’t do it.’
- ‘It’s difficult.’
- ‘It’s boring.’
- ‘I don’t have time.’
- ‘I always fall asleep.’
- ‘It’s scary.’
- ‘It’s religious.’
- ‘It’s satanic.’ (Yes, I’ve honestly been told this!)
- ‘It’s only for “tree-hugger” types.’

The list goes on…

Can you relate to any of these? As you continue reading, I’m confident that if you have indeed resonated with any of these reasons then you will see that they aren’t true. Furthermore, having touched upon the common reasons for not meditating, the purpose of this chapter is to outline some of the big benefits possible from adopting a regular meditation routine, so that you are more motivated to meditate with the Mind Calm techniques shared later in the book.

10 BIG BENEFITS OF MEDITATION

Benefit 1: From stress to serenity

Imagine a bathtub with a shower over it. Throughout your day the water is running, filling the bathtub. In this analogy, the bath is your body–mind and the water is stress. As you go about your day without meditation, the running water (stress) fills the bathtub (your body–mind). For

some, this stress-filled scenario can happen day in day out for decades. Closed-eye meditation is the equivalent of pulling the plug out of the bathtub and draining the water (stress). As you sit and use the Mind Calm techniques that I'll teach you later in the book, stress is released from your body. This is a completely natural process, just as when the body rests it tends to take the opportunity to let go of stored-up stress.

When combined with open-eye meditation throughout your day, it is like turning down the water to a reduced rate of flow. Engaging life from a more meditative state of mind, you become Teflon-coated, as less stress sticks to your body–mind. As a result, less stress is accrued. As you can appreciate, used together, closed- and open-eye meditation can play a big role in massively reducing the stress borne by your body, and bring with it an enhanced serenity and wellbeing.

Benefit 2: Sleep without counting sheep

Using meditation as you fall asleep at night can help you enter sleep at a deeper level and experience a better quality of rest. Personally, I used to need my eight hours of sleep every night or I would end up exhausted. However, these days I meditate throughout the day with my eyes open (see 'Calm Moments' page 95), and also meditate as I fall asleep at night. With this powerful combination I find that I don't need as many hours as I used to in order to feel full of energy the next day. This is a great way to save time and get more done during my day, but as an added benefit my relationship with sleep has improved.

Before, if I wasn't tired or couldn't get to sleep, I would lie awake worrying about how tired I would be the next day. Now, knowing that my body and mind get huge rest from meditation, I lie in bed meditating. Sometimes I fall asleep and other times I have an amazingly clear and calm meditation. Irrespective of what happens, knowing meditation rests my body and mind has liberated me from worrying about whether I'm getting enough sleep or not. So there's no need to count any more sheep to get to sleep; instead, you can gently drift off into the best night's rest with meditation.

Benefit 3: Helping hand to heal

Two of the most widely proven strategies for aiding physical healing, discovered by the scientific community and regularly recommended by modern medical professionals, have also been practised for thousands of years by ancient civilizations and are simply:

1. Reduce stress
2. Increase rest

They are also, as you've just learned, two of the major benefits from regular meditation. If you see your medical practitioner, you may get a diagnosis or a prescription medicine, but more often than not you will be recommended to go home and 'get some rest'. This is because the body heals best when it rests.

Prolonged chronic stress can lead to living in a perpetual state of fight or flight. In such a state, assimilation, digestion and elimination of food is compromised, along with many

of the maintenance and repair projects undertaken by the body when at rest or sleep. By taking time out to meditate, you dramatically improve the physical functioning of your body and, in turn, promote your immune system and aid the healing of any physical conditions that require attention.

Benefit 4: Calm + contentment

Angst, unease and discontentment are common by-products of a busy mind and, as you've already discovered, resistance to life is one of the most common hidden causes of an array of 'negative' emotions. Meditation can help you rise above resistance and cultivate a healthier habit of acceptance. Through regular practice, you learn to let go of having to fix, change, improve, manage and manipulate everything in accordance with how your mind believes it needs to be for you to be OK. You start to find that you can let things be. You can change what you want, but don't need to resist life, throw a tantrum if things don't go your way or force your opinions onto others or life. You ultimately learn through your experience that the less you resist life, the more peace you naturally enjoy. It becomes the obvious choice to let things be.

Contentment is also a common by-product of the move away from resistance. You discover that discontentment happens whenever you find fault and want the moment you're in to be different in some way or another. You see that discontentment can creep into your experience of life if you are focusing too much on the gap between where you are now and where you would rather be. With

meditation you can find yourself appreciating what you already have, and as a natural consequence, feel more contented with the way things are, right now.

Benefit 5: Unconditional confidence

Low self-esteem and a lack of confidence are often the result of relying too heavily on the opinions of your mind and/or others. People experiencing low confidence can overly compare themselves to others, find fault in their current incarnation and wish they were different, better or improved.

Meditation helps you to move your attention away from the opinionated voice in your head. You no longer rely on, or need to wait for, your mind to tell you when you are deemed good enough. Instead, you accept the person you are now – warts and all. As you move into a more unconditional acceptance of yourself, you let go of conceptual criteria-based: *I'm good enough and loveable because x, y or z*. Naturally your levels of self-love increase along with your confidence and belief in your abilities.

Furthermore, as you learn to rest more into the gentle yet powerful permanent presence of your being, to your delight, you can discover that the essence and direct experience of your being is love. This love is beyond the mind and therefore beyond conditions. It is a beautiful peace-filled calm that exists within you. Within everyone! Irrespective of body shape or weight, career success or any other external gauge that you have previously used to determine if you were good enough to be loved. You can deeply know that you are, and meditation can once and for all reveal this undeniable truth.

Benefit 6: Deeply loving relationships

As within as without, as the gentler, more accepting and loving that you are towards yourself, so naturally you project your inner experience outwards and become gentler, more accepting and loving of the other people in your life too.

Until you find love within yourself it can put a massive pressure on any relationship, especially intimate ones. If the other person is the source of your love, then there can be an attachment to them being a certain way for you to feel loved. Holding on and grasping can occur as you see them as the source of your love. If they go, so does love. In these sorts of love-dependent relationships, fear is prevalent. One or both parties are scared of the other person leaving and taking their love away. 'I love you' is often said, not as a heart-based expression of love, but more for the person saying it to hear it back.

Relationships are the ultimate mirror. As you criticize yourself less, the less you need to criticize others. The less you judge yourself, the less you judge others. The more harmony you find within, the more harmony you find in your relationships. The more at peace you are within yourself, the less you need to fix, change and manage other people in your life, so that they fit with your ideas, expectations and fear-based needs. You don't need anyone to 'complete' you as you experience yourself as a complete being, lacking nothing.

Meditation can also cause the old mind-made constructs of separation and dualism to fall away, revealing an experience of oneness. You see that to harm another

person is really to harm yourself. The more intimate you become with your Self (the love-filled presence of your being), the more intimate and deeper loving relationships you experience with others.

Benefit 7: Live in the magnificent moment

There is no such thing as a present-moment thought. Being caught up in your mind entangles you in the Time Trap. You end up thinking about the past and future and miss the magnificent moment you're in now. But when the attraction to engaging with thoughts and thinking diminishes, you naturally become more aware of now. The more you become consciously aware, the more you become aligned with the aspect of your real Self that is already always present. Better still, you discover that when you are consciously aware of now, you naturally hang out in the inner peace that's always present within you.

Thinking takes you into the past and future.

Meditation brings you back to the here and now.

Benefit 8: Eradicate excessive thinking

Over time, perhaps ironically, you will see that being present is much more enlivening and appealing than being lost in mind-made stories. You see that when you're overthinking, you are missing the remarkable reality of now, and caught up in resistance, judgement, attachment, the past and future. More importantly, when you stop trying to fix all the woes of life, you are able to enjoy life and the fixes follow naturally.

One of the purposes of meditation is to be able to stop thinking and return to present-moment awareness. When you begin a regular meditation practice, you may find that you continue to get caught up in the thinking mind, but as you gain experience, you'll get bored of the stories and your desire to defend its dramas naturally diminishes.

Although you may think that the exploits of the mind have been giving meaning to your life, you see it becomes even more meaningful and magical when you have woken up from incessant thinking. Attuned to the present, you are able to engage life with calm and clear attentive awareness. Obviously, there will be times when you fall into habitual thinking but, when you notice that you've been lost in your mind, it then becomes the obvious choice to be here now and conscious, not wasting time mulling over problems and scenarios created by your mind.

Benefit 9: Perform at your best

Mind Calm makes you more productive, able to perform at your absolute best. When you are too busy thinking, you end up distracted from the task in hand, getting stressed about the long list of things needing to be done, and lacking the ability to make creative decisions and take concise actions. Being present with a clear mind allows you to give all of your attention to whatever you are working on and, when you are done, then leave it in the past to progress with the next task and the next. Irrespective of the workload there is very little stress when working this way, as life only becomes stressful when you leave the now and start thinking about all the things that need to be done.

The reality is, you can only ever do very little in the immediate moment you're in. For example, right now you can only read the word in front of you. However, if you start thinking about how you are going to find the time to finish the book, it is not only distracting but also makes your journey towards your goals more stress-filled. By giving what you're doing now your fullest undivided attention, you will get more done and at a far superior standard. Not only that, but you will be delighted to discover that even when faced with high demands, you can remain calm and focused throughout.

Benefit 10: Liberation from limitations

Finally, and perhaps most wonderfully, meditation leads to a more liberated way of living. Effortlessly, you find that you don't need to control your thoughts, emotions, body and life in order to attain the peace, love, joy and fulfilment you want. In fact, you recognize that the best way to enjoy all these great states of being is to let go of control and go with the flow. You can still get lots done and make any changes you may want, but you become less resistant to life and engage less with the mind-based judgemental thinking that may have previously talked you out of feeling good along the way.

Attachment falls away as you no longer need your life to be any certain way for you to be happy. Your mind has less fuel for the thinking fire and instead you are filled with the awe and wonder of the present moment as it reveals an inner sense of freedom that is immensely fulfilling.

SUMMARY OF THE 10 BENEFITS OF MEDITATION

1. From stress to serenity
2. Sleep without counting sheep
3. Calm + contentment
4. Helping hand to heal
5. Unconditional confidence
6. Deeply loving relationships
7. Live in the magnificent moment
8. Eradicate excessive thinking
9. Perform at your best
10. Liberation from limitations

Next Steps

MAKING MIND CALM YOUR WAY OF LIFE

Academy

Make a positive difference to others by training with Sandy C. Newbigging's award-winning Academy to become a qualified Mind Detox Practitioner (MDM) and/or Mind Calm Meditation (MCM) Coach. For more information, visit www.minddetoxacademy.com

Clinics

Experience a private one-to-one Mind Detox or Mind Calm consultation with Sandy at his UK clinic, or via Skype, or find a Practitioner near you using Sandy's online Practitioner Finder resource.

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Attend a live Mind Calm Meditation class with Sandy and/or learn even more advanced forms of meditation that are only ever taught in person.

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