

STOP TREATING SYMPTOMS & INSTEAD...

HEAL THE HIDDEN CAUSE

USING THE 5-STEP MIND DETOX METHOD

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The 5-Step Method



AT A GLANCE

Key to Important Terms

ROOT-CAUSE EVENT

The significant emotional event in your past.

ROOT-CAUSE CONCLUSION

The conclusion you came to as a result of the Root-Cause Event happening.

ROOT-CAUSE REASON

The reason why the Root-Cause Event was a problem for you. It is a short sentence with an emotional element and the main reason(s) why you felt the way you did.

UNHEALTHY BELIEF

This is the same as the Root-Cause Conclusion. I use the word “beliefs” because readers are more familiar with the term. You will discover that all unhealthy beliefs stem from one or more corresponding Root-Cause Reason(s).

THE 5-STEP METHOD AT A GLANCE

PART ONE DISCOVER the Unhealthy Beliefs

1. **Find Root-Cause Event** (*WHEN did it start?*)
ASK: What event in my life is the cause of the problem, the first event which, when resolved, will cause the problem to disappear? If I were to know, what age was I?
2. **Clarify the Context** (*WHAT happened?*)
ASK: When I think of that time, what's the first person, place, event or thing to come to mind?
Digging-deeper questions: Who was there? Where was I? What was happening?
3. **Discover the Root-Cause Reason** (*WHY was it a problem?*)
 - 3.1 FOR EMOTION – ASK: What is it about what happened that was a problem for me? How did it make me feel?
 - 3.2 FOR REASON – ASK: Ultimately, what was it about what happened that caused me to feel that way?
 - 3.3 RATE ROOT-CAUSE REASON – ASK: On a scale of 0–10, with 10 being “very high and feels true”, how would I rate (state Root-Cause Reason)?

PART TWO HEAL the Unhealthy Beliefs

4. **Come to New Conclusions with New Info** (*WHY IS IT NOT a problem now?*)
 - 4.1 LEARN FROM THE PAST – ASK: What can I know now, that if I had known it in the past, I would have never felt (state Root-Cause Reason) in the first place?
 - 4.2 LEARN FROM THE FUTURE – ASK: Is it possible that I can be at peace when I think about this old event at some point in my life? If yes, when? Okay, what will

I know at that point in the future that will enable me to feel at peace then?

- 4.3 LEARN FROM THE BLIND SPOT – ASK: For this to have been a problem, what did I need to not know? Digging-deeper question: For it to be a problem then, what did I need to believe? (Helps finds conclusion)

Use the Install the Knowing exercise when you discover a positive and loving learning that makes it impossible for you to have negative emotions associated with the RCE or RCR.

PART THREE TEST the Work

5. Test that the RCR is Resolved

(Acknowledge Emotional Domino Benefits)

- 5.1 TEST THE RCR: On a scale of 10–0, with 0 being “the emotion is completely gone now and I feel neutral”, how do I rate the old Root-Cause Reason?
- 5.2 TEST THE PAST: On a scale of 10–0, with 0 being “the emotion is completely gone now and I feel neutral”, how would I rate the Root-Cause Event?
- 5.3 TEST THE FUTURE: Think of a time in the future when something like this could happen, but this time, notice how differently I respond?

D.I.Y. MIND DETOX

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

The Top 20 Unhealthy Beliefs

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(WITH ASSOCIATED
ROOT-CAUSE REASONS)

Irrespective of what the physical, emotional or life problem is, during literally hundreds of Mind Detox consultations I've observed the same unhealthy beliefs appearing time and time again.

The top 20 most common unhealthy beliefs are shared over the following pages. Making sure you don't believe any of them can help you to heal current problems and prevent the onset of future ones.

THE CLAIM

How can I make the claim that these unhealthy beliefs have the potential to cause physical conditions? Here's how:

1. When I met clients at my clinics, workshops or residential retreats they had a physical condition;
2. After the consultation(s) many clients reported their physical conditions getting better;
3. The only thing we did during the consultation(s) was to help them make peace with their past by discovering and healing their hidden unhealthy beliefs and associated Root-Cause Reasons.

How to Use the List

Unhealthy beliefs have Root-Cause Reasons (RCR) that provide mental and emotional evidence that justifies them being true (for you). If you find an unhealthy belief in the Top 20 list that feels true, you then want to find the corresponding RCR(s) that are justifying the belief.

Follow these Steps:

1. Read the list of unhealthy beliefs and notice whether any of them feel true to you and/or if you have evidence that proves their validity.
2. Once you discover an unhealthy belief that resonates with you, turn to the subsequent pages to find real-life examples of Root-Cause Reasons (RCR) that, in my experience, I've found to be justifying the unhealthy belief.
3. Read through the list to find the RCR that most resonates with you. Place a tick in the box beside it. You may notice while reading through that an RCR of your own comes to mind that better fits your personal experience. Write it down if it does.
4. Once you've discovered the unhealthy belief and corresponding RCR, do your best to remember a problematic event from the past that is linked with the RCR. For instance, if your RCR is "sad I'm bad", then think of a memory in the past when you felt sad because you thought you'd been bad. Having a memory is useful when it comes to healing the belief.
5. Once you have the unhealthy belief, RCR and memory, go to Chapter 5 to learn how to can achieve peace with your past.

TOP 20 UNHEALTHY BELIEFS

1. “My parents didn’t love me enough”.
2. “I’m unloved”.
3. “I’m unwanted”.
4. “I’m rejected”.
5. “I’m on my own”.
6. “I’m abandoned”.
7. “Someone important left me”.
8. “There’s nobody there for me”.
9. “I’m alone, lonely and/or isolated”.
10. “There is something wrong with me”.
11. “I’m bad”.
12. “I’m not good enough”.
13. “I’ve let others down”.
14. “I’m let down by others”.
15. “It should not have happened that way”.
16. “I’ve lost someone/something I love”.
17. “I feel bad for others”.
18. “I’m not able to do what I want”.
19. “I’m unprotected, unsafe and/or vulnerable”.
20. “I can’t stop bad things happening”.

Other Common Unhealthy Beliefs Include:

- “There’s something wrong”.
- “I’m weak”.
- “I’m confused”.
- “It’s my fault”.
- “I’m separate from the source of love”.

Real-life Root-Cause Reasons justifying the most common unhealthy beliefs:

Important: It is *not* recommended that you read through all of the following Root-Cause Reasons: they do not necessarily make for light reading! Just read the examples listed below the unhealthy belief(s) that feel most true to you.

1. Real-life Root-Cause Reasons justifying the belief
My parents did not love me enough include:

- “Sad not loved by Mum and Dad”.
- “Hurt that Dad loves Mum more than me”.
- “Sad Mum and Dad didn’t care enough”.
- “Sad, scared and vulnerable my parents didn’t care about me”.
- “Sad and vulnerable Dad didn’t love me”.
- “Hurt, sad and rejected Mum and Dad loved my brother more”.
- “Sad, hurt and abandoned not cared about”.
- “Sad Dad doesn’t love me”.
- “Sad Mum and Dad couldn’t be **bothered** helping me”.
- “Hurt, sad and scared Mum didn’t want me”.
- “Sad, scared and vulnerable Dad didn’t fight for me”.
- “Sad, alone and left out parents didn’t love me as much”.
- “Hurt, sad and vulnerable Mum didn’t love me”.
- “Sad my parents preferred my brother”.
- “Sad I don’t feel loved and supported by Mum and Dad”.
- “Hurt that my mum and dad resent me”.
- “Angry and sad Mum and Dad didn’t give a shit about me”.
- “Sad Dad doesn’t love me for who I am”.
- “Hurt Mum didn’t tell me she loved me”.

2. Real-life Root-Cause Reasons justifying the belief
I'm unloved include:

- "Left out and lonely not loved as much".
- "Hurt and angry not cared about".
- "Sad and alone not loved".
- "Sad I don't matter".
- "Alone and lonely because I'm not loveable".
- "Scared of not being loved".
- "Sad I don't know why I'm not liked".
- "Sad and scared not liked".
- "Sad, scared and vulnerable not loved by Mum".
- "I need to work hard in order to be loved".
- "Sad and useless not loveable as I am".
- "Hurt, sad and scared not loveable".

3. Real-life Root-Cause Reasons justifying the belief
I'm unwanted include:

- "Sad treated so unfairly all the time because I'm not wanted".
- "Hurt and worthless not loved and accepted for who I am".
- "Hurt Mum and Dad didn't accept me".
- "Sad that I'm not wanted".
- "Scared that I'm not needed".
- "Empty because I don't matter".
- "Sad, vulnerable and scared that nobody wants me".
- "Lonely and isolated never good enough to have a best friend".
- "Hurt that I'm not noticed".
- "Feel worthless and not wanted".
- "Sad and angry that I don't matter".

- “Sad and worthless when people are happy without me”.
- “Scared and alone because I’m not wanted”.
- “Sad unwanted because I was a girl”.
- “Hurt there’s something wrong with me and I’m not wanted”.
- “Sad Dad didn’t want me”.
- “Sad parents didn’t want me”.
- “Hurt, sad and vulnerable Mum and Dad sent me away”.

4. Real-life Root-Cause Reasons justifying the belief
I’m rejected include:

- “Hurt and rejected by people”.
- “Hurt, rejected and worthless Mum doesn’t love me”.
- “Scared of being hurt and rejected by someone I love”.
- “Sad, angry and worthless I was rejected and replaced”.
- “Hurt and rejected because I was a girl”.
- “Sad and rejected when misunderstood”.
- “Sad my brother rejected me”.
- “Sad rejected by Mum”.
- “Sad, hurt, unwanted and rejected when people leave me”.
- “Hurt rejected by my dad”.

5. Real-life Root-Cause Reasons justifying the belief
I’m on my own include:

- “Left out and alone”.
- “Sad, scared & vulnerable on my own”.
- “Scared when I’m on my own”.
- “Lost, alone and lonely on my own”.
- “Sad they are going to leave me on my own”.

- “Scared and alone left on my own”.
- “Isolated and vulnerable I’m on my own”.
- “Helpless completely on my own”.
- “Sad about being left out”.
- “Sad, sick and lonely when I’m left to survive on my own”.
- “Let down, lost and lonely left to get by on my own”.
- “Sad, lonely, left alone and having to do things on my own”.

6. Real-life Root-Cause Reasons justifying the belief
I’m abandoned include:

- “Scared of being abandoned”.
- “Sad everyone I love abandons me”.
- “Sad and scared abandoned by my mum”.
- “Hurt and angry that I was abandoned”.
- “Abandoned in my moment of need”.
- “Completely lost and abandoned not cared about”.
- “Sad, lonely and helpless when abandoned and left behind”.
- “Alone and abandoned not cared about”.
- “Sad, shocked and confused abandoned by Mum”.
- “Hurt, sad and scared not safe abandoned by Mum”.
- “Terrified abandoned by Mum”.

7. Real-life Root-Cause Reasons justifying the belief
Someone important left me include:

- “Hurt, scared and alone when Mum left”.
- “Sad Dad left me behind”.
- “Sad, scared, alone and vulnerable when Dad left me”.
- “Hurt and angry Mum and Dad left us”.
- “Scared and hopeless when people I love leave”.

- “Sad I miss the people I love”.
- “Sad, scared and vulnerable parents left me on my own”.
- “Sad, hurt and unwanted when people leave me”.

8. Real-life Root-Cause Reasons justifying the belief
There's nobody there for me include:

- “Sad nobody there for me”.
- “Sad Dad wasn't there for me”.
- “Sad, weak and rejected nobody there for me”.
- “Sad and alone without my soulmate there for me”.
- “Lost and alone nobody there for me”.
- “Sad and lonely nobody there for me”.
- “Sad, scared and vulnerable not looked after”.
- “Sad, scared and vulnerable nobody there for me”.
- “Sad, scared and alone nobody there for me”.
- “Sad nobody there to help me”.
- “Sad, lonely and isolated Mum and Dad not there for me”.

9. Real-life Root-Cause Reasons justifying the belief
I'm alone, lonely and/or isolated include:

- “Sad I'm so isolated”.
- “Sad nobody to play with”.
- “Lonely and isolated with no support”.
- “Sad that I'm alone in the universe”.
- “Sad and lonely my sister didn't want to be seen with me”.
- “Sick, scared and vulnerable when left out and not liked”.
- “Sad and lonely not seen or understood”.
- “Sad and isolated when unfairly ganged up on”.
- “Sad and helpless when people turn and walk away”.

- “Left out and alone nobody to turn to”.
- “Sad, lost and lonely nobody there for me”.
- “Sad I had nobody”.
- “Sad and lonely because I’m alone and not liked”.
- “Lonely and isolated coz Mum & Dad split up”..
- “Sad, lost and alone Dad’s gone”.
- “Sad and vulnerable Dad’s gone”.
- “Lonely and isolated because I should be something else”.
- “Sad Dad not there to comfort me”.
- “Sad and scared people think I’m disgusting and exclude me”.
- “Sad and angry when separated from Mum”.
- “Scared of being alone and lonely”.
- “Sad, scared and isolated because I’m fat”.

10. Real-life Root-Cause Reasons justifying the belief
There’s something wrong with me include:

- “Guilty because I should have been a boy”.
- “Hurt, sad and angry always told something wrong with me”.
- “Sad, scared and guilty there’s something wrong with me”.
- “Sad and frustrated always something wrong with me”.
- “Scared of being exposed as a fraud”.
- “Sad there’s something wrong with me”.
- “Hurt, angry and guilty made to feel dirty”.
- “Shame from being violated and dirty”.
- “Sad, scared and vulnerable when I do something wrong”.
- “Upset that I felt stupid”.
- “Angry made to look stupid”.
- “Sad, alone and not loveable because I’m different”.
- “Sad and lonely I’m different”.

11. Real-life Root-Cause Reasons justifying the belief
I'm bad include:

- “Sad I’m bad”.
- “Sad not normal”.
- “Sad I’m ugly”.
- “Sad and guilty I’m naughty”.
- “Sad I don’t deserve to be alive”.
- “Sad and ashamed because I’m stupid”.
- “Hurt, sad and guilty that I’m bad”.
- “Hurt, isolated and alone there’s something wrong with me”.
- “I’m worthless compared to others”.
- “Sad I’m a bad person”.
- “Hurt, sad and worthless I’m not doing it right”.

12. Real-life Root-Cause Reasons justifying the belief
I'm not good enough include:

- “Sad never good enough for Dad”.
- “Hurt about not being good enough”.
- “Deflated that my best is never good enough”.
- “I’m not good enough to meet my soulmate”.
- “Sad not good enough for other people to want to be with me”.
- “Sad never good enough for the people I love”.
- “I’m shit and worthless compared to others”.
- “Sad I’m always second best”.
- “Sad and isolated because I’m not important”.
- “Hurt always wrong and never good enough for Mum”.
- “Sad and rejected because I’m not good enough”.

DISCLAIMER

The medical information and all procedures mentioned and contained in this book are not intended to be used or construed as a substitute for professional medical care and advice provided by a physician. People who read this book and make decisions regarding their health or medical care, which they believe are based on ideas contained in this book, do so at their own risk. The author or publishers are making no medical claims. The author and publishers are not responsible for any adverse effects or consequences resulting from the use of any of the suggestions or information contained in this book, but offer this material as information, which the public has a right to hear and utilize at its own discretion. The author or publishers are making no medical claims. The author and publishers are not responsible for any adverse effects or consequences resulting from the use of any of the suggestions or information contained in this book, but offer this material as information which the public has a right to hear and utilize at its own discretion.

PRIVACY PROTECTION

Case study “success stories” have been gathered from the author’s consultation notes between 2005 and 2012 and from the case notes of independent Mind Detox Method (MDM) practitioners. Client names have been changed to respect privacy. All case studies from independent MDM practitioners have been used with gratitude and on faith that they accurately reported the outcomes. Wordings of comments have been edited slightly for readability purposes only.

13. Real-life Root-Cause Reasons justifying the belief
I've let others down include:

- "Sad let Dad down".
- "Sad and guilty that dad has never been proud of me".
- "Sad let my mum down".
- "Sad and guilty I disappointed my dad".
- "Panic about letting Dad down".
- "Sad and guilty that I've failed and let my parents down".
- "Sad that I've let my parents down".
- "Feel really bad that I've hurt my mum".
- "Sad and guilty not there for my mum".
- "Sad I couldn't help Mum".
- "Sad and guilty I couldn't save my parents".
- "Sad that I've not been there for my mum".
- "Scared to let people down".

14. Real-life Root-Cause Reasons justifying the belief
I'm let down by others include:

- "Sad let down by the people I love".
- "Scared of being hurt by people close to me".
- "Lost, alone and let down by partner".
- "Hurt about being let down".
- "Sad and lonely nobody understood me".
- "Hurt Mum always put herself first".
- "Hurt, angry and disgusted at Dad".
- "Let down that Dad was so selfish".
- "Scared Dad wasn't in control".
- "Sad Dad never supported me".
- "Hurt and sad that Dad was mean to me".

- “Angry Dad bullied the confidence out of me”.
- “Hate Dad dominating me”.
- “Hurt let down by Dad”.
- “Pissed off because I hate Dad’s wife”.
- “Angry I never got support”.
- “Sad and scared Dad left me alone with Mum”.
- “Hurt, stupid and worthless when brother put me down”.
- “Sad, scared and alone when betrayed by partner”.
- “Angry people do things I don’t want them to do”

REMEMBER: You are a good person. You always do your best. Your intentions are positive. And nothing can ever impact your loveability.

15. Real-life Root-Cause Reasons justifying the belief *It should not have happened that way* include:

- “Sad I didn’t get to know my mum”.
- “Sad I’ve wasted my life”.
- “Sad my kids don’t have grandparents”.
- “Sad I got rid of my first baby”.
- “Shame and guilt that I let X abuse me for so long”.
- “Sad, lost and alone falling apart after abortion”.
- “Sad Dad died before I got to know him”.
- “Sad that I shouldn’t have been born”.
- “Sad I wasn’t close to my parents”.
- “Sad missed out on attention from my mum”.
- “Sad he couldn’t come to me for help”
- “Angry because I was forced to do things I didn’t want to do”.

- “Sad and guilty I was too busy and missed time with my child”.

16. Real-life Root-Cause Reasons justifying the belief
I've lost someone/something I love include:

- “Sad I lost my dad”.
- “Sad and overwhelmed I've lost the people I love”.
- “Sad, scared and alone when I lose the people I love”.
- “Hurt, sad and scared that people I love leave me”.
- “Sad I lost my brother”.
- “Empty when I lose the people I love”.
- “Sad, left out and lonely when people I love are taken away”.
- “Sad and scared of losing people I love”.
- “Sad to lose people I love”.
- “Sad and scared everything was breaking down”.
- “Sad and scared about losing Dad's love”.
- “Hurt coz the people I love don't love me enough to stay”.
- “Sad I lost my child and missed out on having a family”

17. Real-life Root-Cause Reasons justifying the belief
I feel bad for others include:

- “Sad my dad was so weak and vulnerable”.
- “Sad and scared Dad was so pathetic”.
- “Sad my dad is sad”.
- “Sad and scared to see Dad hurt and vulnerable”.
- “Tired of carrying my dad's heaviness”.
- “Sad and scared to see Mum so weak”.
- “Sad and guilty to see my mum hurting”.
- “Sad and alone Mum gets upset and can't help me”.

- “Sad and weak not able to help my mum”.
- “Sad and scared to see Dad so ill and weak”.
- “Scared of Mum being upset”.
- “Angry Mum’s parents hurt my mum”.
- “Sad and helpless to see my dad suffering”.
- “Sad and scared Mum so vulnerable”.

18. Real-life Root-Cause Reasons justifying the belief
I’m not able to do what I want include:

- “Stuck and helpless not free to do what I want”.
- “Hate being told what do to”.
- “Angry not able to do what I want”.
- “Sad and stuck not free to be me”.
- “Pissed off at petty rules”.
- “Sad they don’t care about what I want”.
- “Hurt not allowed to do what I want to do”.
- “Helpless I can’t do anything to fix it”.
- “Scared and powerless not able to stop bad things happening”.
- “Sad and angry not able to complete my life purpose”.
- “I’m frustrated that I’m not able to do what I want”.

REMEMBER: If you want to see something inspirational, then look in a mirror! You have already accomplished so much with your life. You are more confident than you think. You can do it!

19. Real-life Root-Cause Reasons justifying the belief
I'm unprotected, unsafe, weak or vulnerable include:

- “Sad and vulnerable Mum didn’t protect me”.
- “Lonely and vulnerable Dad not there”.
- “Let down and vulnerable brother didn’t protect me”.
- “Scared, vulnerable and unprotected”.
- “Sad I was violated”.
- “Scared that people will see that I’m vulnerable”.
- “Scared and helpless I couldn’t stop them hurting me”.
- “Scared of being exposed”.
- “Scared and alone struggling for life”.
- “Scared and vulnerable Dad’s so unpredictable”.
- “Hurt, scared and helpless couldn’t tell him to stop”.
- “Scared and vulnerable when out of control”.
- “Scared and weak when people see I’m weak”.
- “Scared left alone with nobody to protect me”.
- “Hurt, unprotected and violated”.
- “Sad and scared helpless and vulnerable”.
- “Hurt and isolated not safe”.
- “Sad I couldn’t stop my dad from hurting me”.
- “Scared of being weak”.
- “Sad and alone nobody there to stick up for me”.
- “Scared to be weak and crumble”.
- “Scared of being hurt when exposed and open”.
- “Vulnerable when I’m outside my home”.
- “Scared of people seeing me”.
- “Scared and vulnerable of Dad hurting me”.
- “Scared my life is so vulnerable”.
- “Tired of feeling suffocated and powerless”.
- “Vulnerable when people invade my space”.

- “Sad and frightened not protected by Dad”.
- “Scared, alone and vulnerable nobody there to protect me”

20. Real-life Root-Cause Reasons justifying the belief
I can't stop bad things happening include:

- “Scared of being hurt”.
- “Sad and scared of getting things wrong”.
- “Scared to be homeless”.
- “Scared I'm going to die”.
- “Sad and scared to lose my safety net”.
- “Scared of being stuck”.
- “Scared something bad is going to happen”.
- “Scared people I love could get hurt”.
- “Sad and scared of being abused”.
- “Scared of hurting my kids in the same way I was hurt”.
- “Scared to get it wrong and hurt the people I love”.
- “Scared of Mum and Dad splitting up”.
- “Petrified of getting ill like my mother”.
- “Scared of losing what I've got”.
- “Scared of losing my mum and dad”.
- “Scared that I will end up like Mum”.
- “Scared I can't cope”.
- “Scared of screwing up”.
- “Sad and scared that I'm going to get into trouble”.

REMEMBER: Holding grudges hurts the hands that hold them. You do not have to agree with the actions of others to heal your relationship with the past. Compassion sets you free!

