



# CALM CURE

LEVEL 1 ONLINE COURSE MANUAL

# CALM CURE Technique



## 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 2 – CALM THE CONFLICT

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

## IMPORTANT

The purpose of Calm Cure 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.

Calm Cure 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 Calm Cure to get peace with what is happening that is making you feel a similar way to how the condition/problem makes you feel.

# CALM CURE Instructions



## STEP 1 – CLARIFY THE CONFLICT

- ***How does the condition/problem make me feel?*** Describe your inner experience in 1 to 5 words/phrases.
- ***Where in my life have I felt this way?*** Recall a life event or circumstance when you've felt the same way as how the condition/problem is making you feel.
- ***What is happening that I do not want?*** State your root-cause resistance in one word/short phrase.
- ***What would I rather be experiencing instead?*** This highlights your attachment and when combined with the root-cause resistance is the conflict experience.

Continue when you know your 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 I rate my willingness for both life experiences to happen?*** If you rate below 10/10, go to Step 3.
- ***On a scale of 0-10, with 10 being very high, how would I rate my peace with experiencing the condition/problem?*** If you rate below 10/10, go to Step 3. When you rate 10/10 for both questions, you have calmed the conflict.



## STEP 3 – CALM THE CONFLICT

### CALM PAST

- Recall a memory of a symbolic event when the root-cause resistance has shown up in your life.
- ***What can I know now, that if I had known it in the past, I would have never resisted the event in the first place?***
- ***Where do I feel these knowing(s) within my body?***
- Imagine the movie of the memory, but this time looking through the eyes of a ‘younger you’ with the knowing(s) in that area of your body. Allow 30-60 seconds to do this.
- ***On a scale of 10-0, with 0 being ‘the resistance is gone and I am at peace with it now’, how would I rate the memory?***
- If 0/10, repeat Step 2. If above 0/10, do Calm Future.

### CALM FUTURE

- ***Is it possible for me to be at peace with experiencing the root-cause resistance at some point in my life?***
- ***What will the ‘future me’ know, to be at peace with it then?***
- ***Where do I feel these knowing(s) within my body?***
- Recall the memory of a symbolic event when the experience of the root-cause resistance has shown up in your life. Imagine the movie of the memory, but this time looking through the eyes of the ‘older you’ with the knowing(s) in that area of your body.
- ***On a scale of 10-0, with 0 being ‘the resistance is gone and I am at peace with it now’, how would I rate the memory?***
- If 0/10, repeat Step 2. If you rate above 0/10, then return to Step 1 to re-clarify the conflict, as you need to use the Calm Cure on a different conflicted experience.

# CALM CURE Core Principles

## 1. Conflict is the core of problems

Conflict = Resistance + Attachment

## 2. Awareness is the heart of healing

Self-Aware = Aware of the aspect of the Self that is Aware

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PHYSICAL CONDITION	LIFE PROBLEM
Condition <b>Name</b>	Problem <b>Name</b>
Physical <b>Symptoms</b>	Life <b>Symptoms</b>
Conflict <b>Experience</b>	Conflict <b>Experience</b>



# CALM CURE Common 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



# CALM CURE Core Principles

THERAPEUTIC ATTITUDE	'PEACE WITH' ATTITUDE
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	Resistance to '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 thinking about the problem and get '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



# HEALTH Helpless to Healed

- Principle 1 – Conflict creates stress + disharmony within the body
- Principle 2 – Conditions can be a symptom of unconscious conflict
- Principle 3 – A healthy relationship *with* life is key to a healthy body

## Clarifying the conflict experience

- *How does the condition make me feel?*

Also see the Directories in Body Calm book.

PHYSICAL CONDITION
Condition <b>Name</b>
Physical <b>Symptoms</b>
Conflict <b>Experience</b>

Condition Name

Physical Symptoms

Conflict Experience





# EMOTIONS Upset to Upbeat

**Principle 1 – You are not your emotions**

**Principle 2 – External life is not the cause of emotions**

**Principle 3 – Peace is not the absence of emotion**

**Principle 4 – The more emotion the better**

## **CALM THOUGHTS:**

**ANGRY:** *I am safe, surrendered and say 'bring it on' to life.*

**SAD:** *I am grateful for the good in life and feel lucky to be alive.*

**SCARED:** *I am powerful and possess all I need to be safe and succeed.*

**GUILTY:** *I am forgiven and free, always doing my best.*

**HURT:** *I see the innocent desire for peace and love within everyone.*

**JEALOUS:** *I am secure within my love-filled self.*

**GAAWO > CALM THOUGHT > GAAWO (Repeat)**



# RELATIONSHIPS Conflict to Connection

**Principle 1 – We have been conditioned to love conditionally**

**Principle 2 – Love without awareness becomes fear-based**

**Principle 3 – Calming conflict creates connected relationships**

## COMMON ISSUES:

Expecting	Judging	Comparing	Assuming
Mindreading	Taking	Counting	Perfecting
Controlling	Guilt Tripping	Trap Setting	Blaming
Competing	Withdrawing	Protecting	Defining
Generalizing	Personalising	Analyzing	Undermining
Contradicting	Protecting	Not Committing	Saving
OTHER:	Single	Broken Heart	Sex Stuff

- **Be the person you want to love**
- **Take everything as an invitation to love better**
- **Give, give and give some more, especially praise**
- **Stop ‘should-ing’ all over the relationship**
- **Be willing to share more of yourself**
- **Don’t go changing trying to please me**

*‘Relationships are not here to make you happy or fulfilled...  
they are here to make you conscious’ Eckhart Tolle*



# CAREER Average to Awesome

**Principle 1 – You are not your job title**

**Principle 2 – You are not a slave to the system**

**Principle 3 – You are happiest when in service**

## **COMMON ISSUES:**

Dead end job

Work-life imbalance

Not my passion

Redundancy ready

Out of reach

Performance pressure

Daily commute

Retirement countdown

Broke self-employee

Burnt before

Office politics

Can't say no

Job insecurity

Job seeker

Pecking order

*'Satisfaction is not the result of what you do,  
but your relationship with what you do'*



# MONEY Frustrated to Free

**Principle 1 – You can feel secure without financial security**

**Principle 2 – You can feel worthy without financial wealth**

**Principle 3 – You can feel free without financial freedom**

## **MONEY MEDITATION:**

GAAWO > CALM THOUGHT > GAAWO (Repeat)

I AM SECURE (Focus Point: Soles of the Feet)

I AM FREE (Focus Point: Forehead Centre)

I AM WORTHY (Focus Point Top of the Head)

## **COMMON ISSUES:**

Family finances

Bad decisions

Greedy bankers

Relentless recessions

Credit history

Decades of debt

Bankruptcy anonymous

Retirement fund

The 1% Club

*‘There are people who have money and people who are rich’*

Coco Channel



# TIME Bounded to Beyond

**Principle 1 – The past is only a medley of memories**

**Principle 2 – The future is only a fantasy**

**Principle 3 – The present is the only moment that exists**

## **COMMON ISSUES:**

Conflicting calendar

Let downs

Problem parents

Destructive dwelling

Scary movies

Too much to do

*‘Healing your relationship with time starts by being here and now in the timeless reality of the present moment’*



# WORLD Pissed-Off to Pro-Active

**Principle 1 – World conflict reflects personal conflict**

**Principle 2 – The world reflects your resistances**

**Principle 3 – The world is the context of your awakening**

## **COMMON ISSUES:**

Social madness

Annoying neighbours

Class systems

Animal cruelty

Warming warnings

Political policies

War games

Economic turmoil

Poverty

News nightmares

Health scares

Narrow minds

*‘How would we treat the world if we knew it was nirvana and how would we interact if we knew divinity was within everyone?’*



# SESSION NOTES

**ISSUE:**

**CONFLICT:**  
Resistance

**Attachment**

**KNOWINGS:**  
Past

**Future**

**RESULT:**



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# NOTES



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