

MANUAL

Mind Calm Coach Certification Course



● Introduction

Welcome to this Mind Calm Coach certification course from the award-winning Calm Academy.

Millions of people are convinced that they need to fix, change or improve their mind, body and life in order to *eventually achieve* inner peace, self-love and contentment. However, for centuries, spiritual teachers from many traditions have taught the exact opposite, saying 'you are what you seek'. Instead of engaging in great efforts to change everything so it is how your mind believes it needs to be, Mind Calm focuses on cultivating peace **with** your mind and life.

The mind tends to operate from a place of lack, control, limitation, separateness, judgement, resistance and attachment. By waking up through being consciously aware during daily life, you have the opportunity to awaken from confusion to clarity, worry to wellness, conflict to connection, aloneness to oneness and stress to serenity.

I wish you infinite peace and limitless love.



Sandy C. Newbigging

Founder of Calm Academy
+ Creator of Mind Calm Meditation

The 15 Mind Calm Modules

- M1 Why Meditate?
- M2 Hearts Highest Hope
- M3 You Are What You Want
- M4 Thinking Makes You Miss Life
- M5 The Peace With Mind (& Emotions) Miracle
- M6 The 5 Hidden Causes of a Busy Mind
- M7 More to Life Than You Think
- M8 The Silent Solution
- M9 The Serenity & Success Formula
- M10 The 3 S's for Being Super Human
- M11 The 3 Step Mind Calm Meditation Technique
- M12 Common Meditation Happenings
- M13 Constructing the Calm Thoughts
- M14 Purpose of the 10 Mind Calm Thoughts
- M15 Mind Calm Games

MIND CALM	DONE
Watch Level 1 Videos	
Watch Level 2 Videos	
Deliver the 15 Module Talks	
Meet with Trainer 8 Times	
Do 10 Co-Coaching Sessions	
Read Mind Calm Book	
Submit Exam + Case Studies	

● Mind Calm **Philosophy**

Mind Calm is primarily focused on helping you to heal your relationship *with* your mind, and in doing so, enjoy 'peace *with* mind', by engaging present moment awareness.

By being **Consciously Aware in Life with Meditation**, you can experience peace, clarity, confidence, courage, aliveness, purpose and fulfillment.

You do not need to fix, change or improve your thoughts, emotions, body or life in order to *eventually* enjoy peace.

The awareness that is aware of your mind, emotions, body and life is already calm, clear, well and free - always.

Starter Questions

If you had a magic wand and could have one wish, what would you ask for?

What originally motivated you to start meditating?

Consider what you wanted to gain and what you wanted to let go of.

What have you found to be the most challenging aspect(s) of meditation?

Why do you want to train and qualify as a Mind Calm Coach?



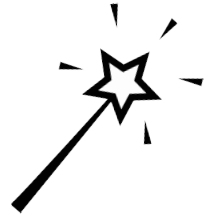
T1 Talk Assessment Tracker



T1 : Why Meditate?

KEY TEACHING POINTS	Pass?
When embarking on learning meditation is important to know 'why'. There are many benefits for why millions of people meditate every day.	
Less Stress: Active Relaxation Response. Bathtub analogy to explain the benefits of open & closed-eye meditation	
Calm and Contentment: Quieter mind. Resting in peaceful presence of your own being. Conflict with Life versus Peace with Life.	
Better Quality Sleep: Enter sleep at a deeper level of physical resting. We use less energy throughout day when we think/resist life less.	
Help Healing: To increase health we need to reduce stress and increase rest. Meditation does both to make it easier for body to heal.	
True Confidence: Listen less to the self-limiting voice in our head. Confidence based upon powerful inner presence (not outer validation).	
Self Love: Less judgement/conditions and more acceptance of who you are right now. Experience the presence of your own being, which is love.	
Radiant Relationships: Less mind and more heart connections. Outer reflects inner. The kinder you are to yourself, the kinder to others too.	
Think Less: Meditation shows us that we don't need to think as much as we think we do. Less mental stories = More clarity/intuition/wisdom.	
Live in the Moment: Less dwelling on past or worrying about future. Enhance your ability to focus on the real and immediate moment.	
Perform at your Best: Less distracted by the mind and more focused and effective. Fulfil your potential. Get more done with less stress.	
From this list of potential benefits, what's your top 3 ideal outcomes?	

T2 Talk Assessment Tracker

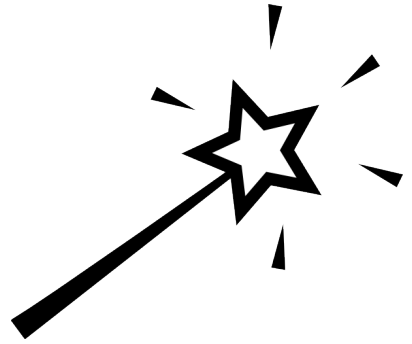


T2 : Hearts Highest Hope

KEY TEACHING POINTS	Pass?
Beyond the common benefits of meditation, your Hearts Highest Hope (HHH) is what you want more than anything else in life.	
Introduce why it is important to know: Saves time/effort and increases commitment/motivation. How has knowing your HHH helped you?	
ASK: If you had a magic wand, and could have one wish, what would you ask for? (This 'wish' is for something personal, so not 'world peace'.)	
Ensure HHH is an inner experience, beyond external outcomes or goals, like money. If you get an external thing or circumstance, ASK: What do you hope that would give you? Ask until you get an inner experience.	
There's a difference between what (HHH) and how. The mind usually defaults to how, but this is about you getting clear on what you want.	
Coach shares their Hearts Highest Hope. "When I was asked this question I answered 'X'." Share personal realisations/observations.	
ASK: How much of your day is dedicated to HHH? Important to make HHH your number one priority.	
If not much of your day is dedicated to HHH (what you want more than anything else), then you may want to reassess your priorities.	
When you know your HHH and that meditation can help you to experience it, it is easier to make time and commit to a daily practice.	
The good news is your HHH is your Natural State. It takes effort, stress, losing touch with Real Self to NOT be peaceful, happy, loving etc.	
Important to be innocent about how your HHH is achievable. Empty your cup and be open to it being quicker and easier than you may think.	

T2 Heart's Highest Hope

If you had a magic wand and could have one thing, what would you ask for?



Common Answers

Peace

Contentment

Courage

Happiness

Confidence

Bliss

Love

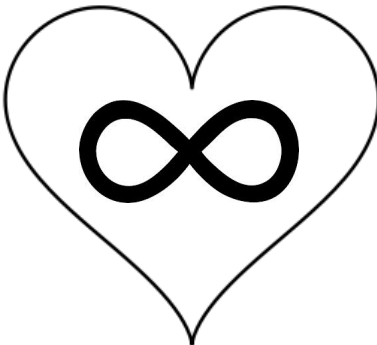
Oneness

Purpose

Joy

Freedom

Enlightenment



Hearts Highest Hope

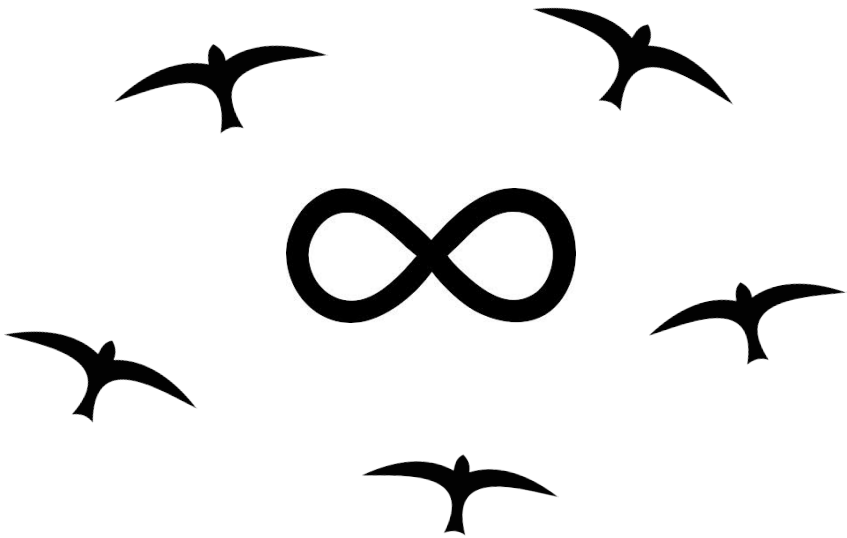
T3 Talk Assessment Tracker



T3 : You Are What You Want

KEY TEACHING POINTS	Pass?
We use the infinity symbol to represent your HHH. Why? There is no limit on the peace, happiness, love and freedom you can experience.	
It has been said by many spiritual teachers 'you are what you seek'. Meaning, if you want peace, then you are the peace that you want.	
ASK: If you are what you want, but you are not currently experiencing it, then why not? (Rhetorical Question. Share Reasons)	
3 Reasons: 1) A case of mistaken identity 2) A habit of feeling your thinking 3) A lack of present moment awareness. [Expand on each.]	
Bird-Sky Analogy: Imagine you are looking up at a big blue sky. As you feel what you focus on, you feel calm and still. Then a bird flies past. You put your attention on and start thinking about the bird. 'Has the bird lost its friends?' You move from being calm to feeling concern.	
ASK: Is the bird the cause of your concern? No. Taking your attention away from the calm and still sky and feeling your concerned thinking about the bird is the cause.	
ASK: Is this happening inside you? Birds = Thoughts, emotions, sensations, etc. Sky = The awareness that is aware of the birds. You are the serene and still sky, not the busy birds.	
Most people put all of their attention on what they are aware of, instead of the calm consciousness within them that is aware.	
You can discover that your Conscious Awareness (CA) is already and always calm, well and free. Just because your attention is on the birds, it doesn't mean the sky stops existing. You are what you seek.	

T3 You Are What You Want

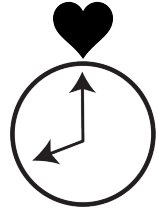


Being Consciously Aware

Having all of your attention on thoughts, emotions, body and life circumstances (i.e. the *birds*) does not stop the still-silent-spacious **Conscious Awareness** (i.e. the *sky*) existing.

You are the *sky*, not the *birds*.

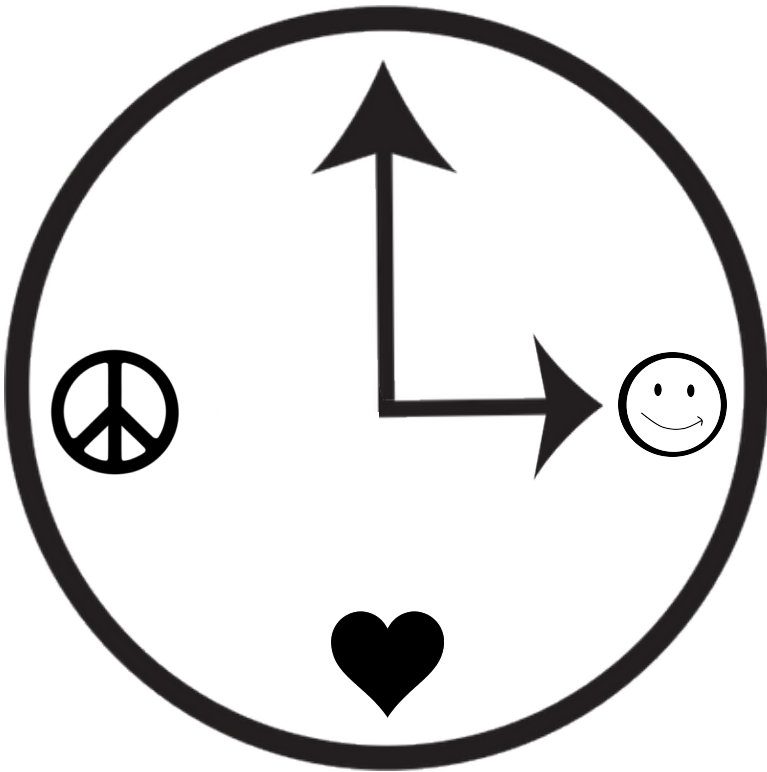
T4 Talk Assessment Tracker



T4 : Thinking Makes You Miss Life

KEY TEACHING POINTS	Pass?
We think so much because we believe everything we think is real, relevant and required. [Expand on and explain 'real/relevant/required'.]	
The good news is we don't have to think as much as we think we do. We can live more easily, effectively and efficiently without thinking and with peace, presence, clarity, intuition, wisdom and spontaneous knowing.	
The mind is a thinking ABOUT tool. Thinking distracts you from the now and keeps you one step removed from HHH/reality/life. When thinking you are engaging your mind instead of the immediate and real moment.	
Your HHH is experienced via present moment awareness. You cannot 'think about life' and directly experience your HHH/reality/life - at the same time. You need to be willing to let go of the attraction to thinking.	
"There are no present moment thoughts." (MKI) All thoughts are about the past or future. Even thoughts about now are about the past. The moment has always happened in order for your mind to know what's happened and be able to commentate/talk about it.	
Example: Listening to 'live' sport on the radio. The commentator is always one step behind the action – sharing what's happened (in past).	
Real Life versus Imagined Life. Your Real Life is whatever is happening right now. Your Imagined Life is everything else. Yes, everything!	
Share personal example(s) of times when you've been in your head thinking about life, rather than experiencing the moment.	
Game: Reality Check (Optional)	
Meditation helps you wake up from the 'maya' (Sanskrit word for 'Illusion' of the mind) to enjoy the peace and joy of the here and now.	

T4 Thinking Makes You Miss Now

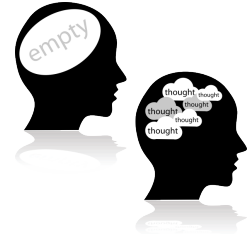


Postponing Hearts Highest Hope

The mind thinks *about* but does not *experience* - so always puts your hearts highest hope in the future when things are fixed, changed and improved.

Now is the only time you can experience your hearts highest hope and real life.

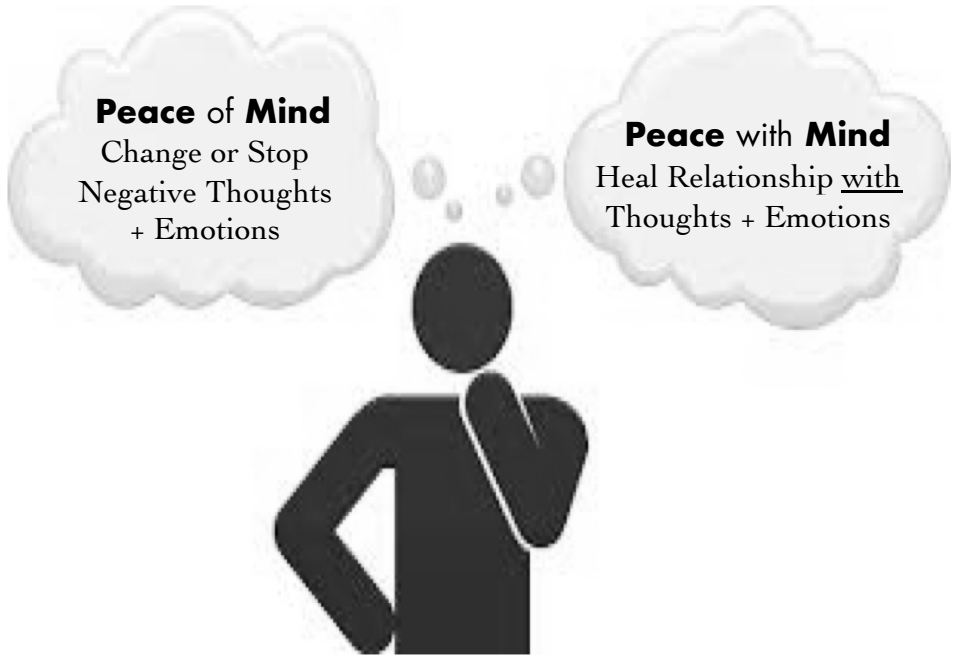
T5 Talk Assessment Tracker



T5 : The Peace With Mind (& Emotions) Miracle

KEY TEACHING POINTS	Pass?
<p>Explain why term 'Peace of Mind' is confusing. Causes the belief: No thoughts/emotions equals peace.</p>	
<p>It is normal, as humans, to have thoughts and emotions. Believing they need to stop causes us to forever postpone our peace/happiness.</p>	
<p>THOUGHTS: Game: Counting Thoughts. Then ASK: How many thoughts did you count? The quantity doesn't matter. What matters is you had more than one. Why? It means thoughts are temporary. ASK: What was present the entire time? You are not your thoughts. You are what is aware of your thoughts. The awareness that is aware is calm.</p>	
<p>AIM: To cultivate a healthy relationship WITH thoughts and emotions.</p>	
<p>EMOTIONS: ASK: How many emotions have you had this week? More than one emotion? Again, this means you are not your emotions. You are what is aware of emotions.</p>	
<p>Peace is not the absence of emotions. Peace is aware of emotions. You do not want to be numb or emotionless. The more emotions the more energy, health, healing and potential.</p>	
<p>SUMMARY: The quality or quantity of thoughts and emotions happening need not impact your peace if you aim for peace WITH mind instead of peace of mind.</p>	

T5 Peace With Mind



Heal Relationship with Life

Peace and freedom come from healing your relationship *with* the positive and negative thoughts, emotions, physical sensations and life circumstances that are naturally and inevitably going to happen.

T6 Talk Assessment Tracker

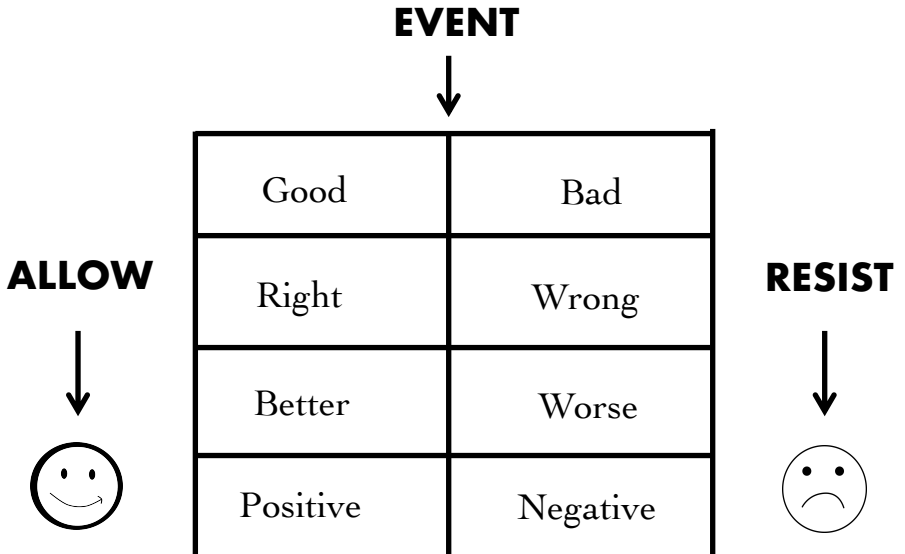


T6 : The 5 Hidden Causes of a Busy Mind

KEY TEACHING POINTS	Pass?
<p>To think less and enjoy a calmer mind, it is vital to know the causes of the compulsion to think. (Mention: Real. Relevant. Required.) Quote: ‘What you are aware of you can control. What you are not aware of is in control of you.’ Anthony De Mello [Explain why each causes over-thinking and prevents/postpones HHH.]</p>	
<p>1) JUDGEMENT GAME: To make sense of reality, the mind judges. Deciding if life is good or bad, right or wrong, better or worse, positive or negative. Bad, wrong, worst or negative = PROBLEM. The mind does 3 things: Problem Solver, Poor Me, Positive Guru. [Explain each] AIM: See the judgements, don’t be the judge. Optional Game: Noticing Nirvana</p>	
<p>2) RESIST PERSIST: The habitual response to a problem is to reject/resist it. Judgement + Resistance = Negative Emotions. Upon noticing discomfort, the mind asks 3 questions: What am I feeling, why am I feeling this way, how can I fix, change or improve things to stop feeling bad? The habit of answering these questions causes over-thinking.</p>	
<p>3) ATTACH CATCH: Attachment happens when want becomes need and turns desire into desperation. Attachment is born from the belief we are separate from HHH and postpones HHH until later. ‘I will relax, be happy, feel secure.. when I have...’. If you believe you need something, then you will feel compelled to think lots about how to get the thing you think you need. Optional Game: ‘I can want this without needing it.’</p>	
<p>4) TIME TRAP: The belief the past/future is relevant to you experiencing your HHH now. If you believe the past/future is relevant, then you will dwell on the past or fantasize about the future anytime time-based thoughts arise in your mind. Past/future not real - just thoughts!</p>	
<p>5) CONSTANT CONTROL: We leave the moment to start thinking in order to control life. ASK: If you didn’t feel the need to control anyone or anything, would you have much to think about? No! Control is the hidden intention behind most thinking. Key purpose of meditation is to master ‘letting go of control’. The opposite of control is freedom. The less we control, the more calm, well and free.</p>	

T6 Hidden Causes of a Busy Mind

1) JUDGEMENT GAME



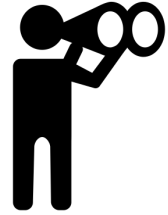
2) RESIST PERSIST

3) ATTACH CATCH

4) TIME TRAP

5) CONSTANT CONTROL

T7 Talk Assessment Tracker



T7 : More to Life Than You Think

KEY TEACHING POINTS	Pass?
Natural for people to want to Know Thy Self and experience HHH. So they start searching – often in wrong places. Filing Cabinet Analogy.	
THOUGHTS: You exist when no thoughts happening. Thoughts are temporary. You are not. Studies suggest the average person has thousands of thoughts per day. Mammoth task to only think positive.	
EMOTIONS: Emotions come and go. You don't. Emotions are a forever-moving landscape. If we are only able to be experience peace when our emotions are positive or comfortable, then we would only experience fleeting moments of peace at best. HHH not found in emotions.	
BODY: You have a body but you are not your body. Body is a vehicle, not the driver. Little finger example. Common to wait until the body is better before we believe our HHH possible. You can experience HHH, even with health issues.	
OTHER: Talk about Relationships, Career, Money, Home, Hobbies - sharing stories and explaining why we don't find our Self and HHH in these places.	
You can wait a very long time and spend time, effort and money trying to fix, change, improve these things in the hope you will eventually be happy. AIM: Ensure your HHH is not dependent on T, E, B, R, C, M, H, H.	
Little control over stuff above the line. You can cultivate control over where you put your attention. So where do we want to put our attention? Be inwardly attentive to the presence of your being/HHH.	

T7 More To Life Than You Think

Emotions Career Money Hobbies
Thoughts Body Relationships Home



Put Attention on Permanent Part of You

Constantly Changing + Out of Control

Everything above the lines is in constant state of flux and out of our direct control.

200% of Life

Attempting to get what you want from above the line means you miss the big permanent part of your self and reality.

Rediscover Your Real Self

To experience hearts highest hope, put your attention on the permanent You.

T8 Talk Assessment Tracker



T8 : The Silent Solution

KEY TEACHING POINTS	Pass?
Your Real Self and HHH are accessible here and now. Ultimately there are two 'things' you can put your attention on.	
CONTENT: Consisting of Stuff, Sounds + Movement CONTEXT: Consisting of Space, Silence + Stillness	
[Explain each of the elements of Content and Context] Stuff: Pen, phone, light, flowers etc. Space: The stuff exists within context of empty space Sound: Traffic, bird song, breeze etc. Silence: The sounds exist within the context of silence Movement: Blinking, breathing, hands moving etc. Stillness: The movement happens in the context of stillness	
ASK: Where is most of your attention, most of your day? Is it mainly on the content or context? Are you potentially missing a massive part of reality and your Self?	
You feel what you focus on, if you focus on limited temporary stuff, you feel angst, never feel satisfied and feel there's more to life than this.	
AIM: To rediscover the inner context of life and cultivate the habit of putting your attention upon it - in what we call 'Context Awareness'.	
Game: Noticing the Now Space (Optional)	

T8 The Silent Soul-ution

CONTENT



CONTEXT

Stuff

Space

Sound

Silence

Movement

Stillness

**Content or Context?
Where is most of your attention
most of your day?**

The Power of Praying Attention!

To master your life, you must **master your attention** – by being able to direct your attention at will – onto the context.

Where you put your attention can be the difference between one hell of a life or heaven on earth.

T9 Talk Assessment Tracker



T9 : The Serenity & Success Formula

KEY TEACHING POINTS	Pass?
Let's explore the difference between living in the Content or living with Context Awareness.	
ASK: What side does the mind exist? Content or Context? To answer this, consider: How do you know you have a mind? You know you have a mind because you are aware of it.	
ASK: Where does time exist? Content or Context? Time is a mind-made concept. You access past/future via mind and imagination. To live in the present moment you need to be Context Aware.	
When the mind and time get together => Judgement => Problems =>Resistance => Stress => Negative Emotions => Failure => Limitations => Control [Be able to explain each of these tendencies of content focus]	
You never get 'there' (success) if you miss the context. There is usually an inner sense that 'there is something missing/not quite right'.	
The context of the limitations (made by the mind) is infinite potential. Why? Context is not limited by attitudes, beliefs or expectations.	
The context of control is freedom. The less life has to be a certain way for you to be OK, the more calm, well and free you naturally are.	
If you feel there must be more to life than this, then you are right. There is infinitely more – stillness, silence, spacious, being/presence.	
Your choice moving forward: Only Content or Content AND Context.	

T9 Serenity + Success Formula

CONTENT



CONTEXT

Mind
Time
Judgement
Problems
Resistance
Stress



Failure
Limitations
Control

Awareness
Present Moment
Is'ness / Love
Perfection
Bring It On
Serenity



Success
Potential
Freedom

Being Context Aware

Most people have most of their attention on the content of life, rather than on the context of life.

By being 'Context Aware' you naturally experience the peace, love and freedom that is always present.

T10 Talk Assessment Tracker



T10 : The 3 S's for Being Super Human

KEY TEACHING POINTS	Pass?
Two paths to experiencing HHH, purpose and potential:	
1) THE SLEEP WALKERS: Meandering slow path that relies on the future – eventually becoming/arriving. "If I'm good enough for long enough I'll eventually get to heaven when I die"	
Stress: Spend days thinking about life - suffering from ideas/imagination Separation: Separate from HHH, others and life = Fear + Frustration Struggle: Self/Success found in the future = Fix It, Change it, Improve It	
2) THE SUPER HUMANS: Direct fast path of present moment presence – immediately being/returning. "I'm one with HHH/Self/Life and heaven is the presence of the present moment"	
Stillness: The true nature of Self/Reality is 'silence void of movement' Surrender: Let go of everything & let life guide you = Purpose/Potential Service: Taking/Ego vs Giving/Egoless – Humans happiest when helping	
Wake up to a wonderful life by moving from The Sleep Walkers path to The Super Humans path. The positive possibilities are infinite.	
Stillness Quotes: 'Being still doesn't mean don't move. It means move in peace.' E'yen A. Gardner / 'Be still. Stillness reveals the secrets of eternity.' Laotzu / 'Stillness is the foundation of insight and understanding' Thich Nhat Hanh / 'To know yourself as the Being underneath the thinker, the stillness underneath the mental noise, the love and joy underneath the pain, is freedom, salvation, enlightenment' Eckhart Tolle / 'When you enter a place of stillness, you awaken the divinity within you.' Peggy Sealton / 'earn how to be still, to really be still and let life happen – that stillness becomes a radiance' Morgan Freeman	

T11 Talk Assessment Tracker



T11 : The 3 Step Mind Calm Meditation Technique

KEY TEACHING POINTS	Pass?
Mind Calm Meditation is intentionally a simple technique because ultimately meditation is about 'being' not 'doing'.	
THE 3 STEPS: 1) Engage GAAWO 2) Think Calm Thought 3) Engage GAAWO (Repeat steps when you notice you've been thinking)	
Why GAAWO? We close our eyes to wake up! GAAWO helps us to strengthen attention muscle and live with present moment awareness.	
Why Calm Thoughts? Gives your mind something useful to do when it inevitably 'moves' again after GAAWO. Focus Points train our attention.	
Why Not Constant Repetition? We give space and time between thinking CTs to reveal the inner space and present moment awareness.	
[When first teaching Mind Calm Meditation, please use '5 Step Intro']	
Two Ways to Use Mind Calm Meditation: 1) Calm Sittings – Closed Eyes Practice. Sittings Options: Use every CT or use only one CT or use the CT you resist/avoid/don't like. 2) Calm Moments – Open Eyes Practice. During your day, whenever you remember, engage GAAWO, think CT, re-engage GAAWO and carry on with your day until next Calm Moment.	
Recommended Daily Routine: 2 x 20 minute Calm Sittings (more if you want – you can't over meditate) + Calm Moments (throughout your day)	
Optional Top Tips: Don't only meditate when stressed/struggling. Care more about the stillness/silence/space than the mind movement. Plan your day around your Calm Sittings, instead of trying to fit them in.	
Optional Mind Calm Challenge: Do twice daily Calm Sittings for a minimum 4 weeks before deciding if it is working for you. Meditation needs time, commitment and consistency.	

T11 The 3-Step Mind Calm Method

Step **One**



Engage GAAWO

Step **Two**



Think CALM Thought

Step **Three**



Engage GAAWO

When you notice that you've been thinking, repeat 1-3 cycle.

GAAWO

= Gently Alert Attention Wide Open

**RECOMMENDED
DAILY ROUTINE**

= 2 x 20 mins. + Calm Moments
Calm Sittings

Closed + Open Eyes Meditation

Calm Sittings : Closed-Eyes

Sit comfortably, close your eyes and undertake 3 Step Mind Calm Method.

Calm Moments : Open-Eyes

As you go through your day, be gently alert with attention wide, think Calm Thought and continue on with your day.

5-Step Intro to MCM

Step 1 : Open Eyes GAAWO

While gazing ahead, let your attention open up wide to the left and right, above and below. Be gently alert with your attention wide open. What happens?

Step 2 : Closed Eyes GAAWO

Close your eyes while remaining gently alert with a forward and wide gaze. Notice that if you close your eyes and remain gently alert, your mind is calmer.

Step 3 : Construct Calm Thought

10 Mind Calm Thoughts made up of 3 parts - OM + Intention + Focus Point
To practice now, we will use 1 CT - 'OM PEACE' (Focus Point: Solar Plexus)

Step 4 : Open Eyes GAAWO + Calm Thought

With your eyes open, engage GAAWO for a few moments, then think CT.

Step 5 : Closed Eyes GAAWO + Calm Thought

Close your eyes and remain gently alert with a forward a wide gaze. Think CT. Let go of the words + focus point, continue to hang out with GAAWO engaged. Repeat 3-steps for 5 minutes or so. Open your eyes. How did you get on?

White Board / Flip Chart

- 1) Gently Alert Attention Wide Open
- 2) Think Calm Thought
- 3) Re-engage GAAWO

THINKING



Recommended MCM Script

“

Begin by being comfortable and slowly closing your eyes, while remaining gently alert with your attention wide and open (GAAWO). Don't try to figure out how to do this. Just let your attention rest wide open as you continue to be quietly alert. Rest for a while, noticing that now is happening, as you relax and remain completely comfortable.

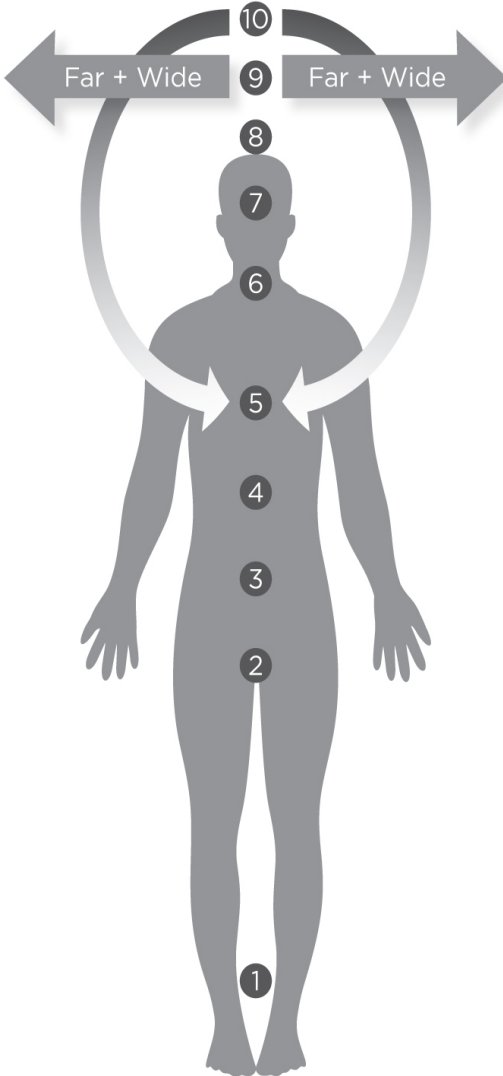
Now, with your attention in your Solar Plexus, gently think your Calm Thought, 'Om Peace'.* Once you've thought it, let go of the words and focus point, by returning to being gently alert with your attention wide open. Rest for a while. There is no rush to re-think your Calm Thought (CT). Just be quietly aware, and notice whatever is happening in your mind and moment.

Thoughts may happen almost immediately after thinking your Calm Thought. Let them. After a little while you may also start thinking, and when you do, simply let go of whatever you're thinking about by being gently alert with your attention wide open. Very good. Now, re-think your CT (or move onto the next CT).

For the remainder of your Calm Sitting slowly go between being gently alert with your attention wide open, thinking the Calm Thought with Focus Point, to being gently alert with attention wide. Only when you notice that you've been thinking, do you repeat the cycle. I am going to be quiet for a few minutes as we practice this together. Om Peace*.

* Adapt script accordingly depending on the CT you are using.

T11 The 10 Mind Calm Thoughts



0M Presence (In Entire Body)

0M Oneness (Far and Wide)

0M Wisdom (Top of Head)

0M Clarity (Forehead Centre)

0M Truth (In the Throat)

0M Love (In the Heart Centre)

0M Peace (In the Solar Plexus)

0M Joy (In the Navel)

0M Power (Base of the Spine)

0M Connection (Soles of the Feet)

T12 Talk Assessment Tracker

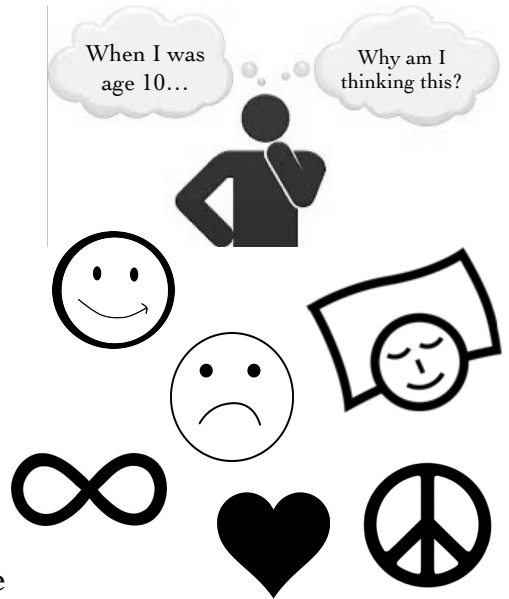


T12 : Common Meditation Happenings

KEY TEACHING POINTS	Pass?
<p>IMPORTANT: Vital to know what happens when you meditate and why. Not knowing CMH = Frustration, sense of failing, not working, quitting.</p>	
<p>Natural tendency of mind = Happy. Natural tendency of body = Healing Stress stored in body over previous days, weeks, months and years. Meditation and physical rest enables stress to finally release. When the body rests it heals. Healing is activity in the body. Due to mind-body connection, activity in the body = activity in the mind. THOUGHTS ARE NATURAL, BENEFICIAL AND OK!</p>	
<p>Memories: Single stress release or recent event or special thought. Dreams: Mind making sense of a few stresses releasing simultaneously. Busy Mind: Multiple stresses releasing simultaneously = Lots of healing! Emotions: Thoughts fuel feelings. Energy can move too. Body Stuff: Old symptoms resurfacing, itch, twitch, passing pain. Sleep + Meeps: Definition: Sleep that starts with short meditation! Peace, Love + Joy: Result of No Thinking + Present Moment Awareness. Stillness, Silence, Space: Context Awareness + Real Self = SSS</p>	
<p>You may experience peace, joy, love, stillness, silence etc. Be careful not to fall into the trap of seeing some happenings as good + others bad.</p>	
<p>There are no 'good' or 'bad' meditations – it is only judgmental thinking that makes them appear so. It is also only your mind that cares what happens when you meditate and you are meditating to be free from what your mind thinks.</p>	
<p>Remember: The sky does not care how many birds fly through it, or if they are 'angry birds' or turtledoves.</p>	
<p>AIM: Practice peace WITH the quality and quantity of thoughts.</p>	
<p>MEDITATION MINDSET : Childlike Curiosity + Bring It OM!</p>	

T12 Common Meditation Happenings

1. Memories
2. Dreams
3. Busy Mind
4. Emotions
5. Body Stuff
6. Sleeps and Meeps
7. Peace, Love, Joy
8. Stillness, Silence, Space



Main Reason for Happenings

When the body rests it heals.
Healing is activity in the body.
Due to mind-body connection, activity in
the body causes activity in the mind.

Best Meditation Mindset

What's Going to Happen? + Bring it On!

T13 Talk Assessment Tracker



T13 : Constructing the Calm Thoughts

KEY TEACHING POINTS	Pass?
<p>Calm Thoughts make meditation easier and give the mind something useful to do. Why? What you focus on grows.</p>	
<p>Mind Calm Thoughts are made up of 3 parts: 1) OM – The vibration of creation. When thinking it you align your attention with the creative force that brings things into creation. 2) INTENTION – Marrying OM up with the intentions helps to bring them into your living experience. So you naturally experience peace, love, etc. 3) FOCUS POINT – Putting your attention on these energetically powerful and symbolic points magnifies their power.</p>	
<p>PARTS EXPLAINED IN MORE DETAIL (Use As Required)</p>	
<p>1) OM: Sanskrit is an ancient language of consciousness, which aligns us with the vibration of the word. ‘Everything in life is vibration’ Albert Einstein. OM is a Sanskrit word – the vibration of creation, the father and mother vibration that gives birth to everything in creation. OM is the first movement from stillness, the first sound from silence and the first something from nothing (space). When thinking it you align your attention with the creative force that brings things into creation.</p>	
<p>2) INTENTION: Marrying OM up with the intentions helps to bring them into your life, so you naturally experience peace, love, etc. Why? Thoughts become things. Thought-based intentions are the seeds of potential. Thoughts move from the mind into external events/things.</p>	
<p>3) FOCUS POINT: Each CT has a location within or around your body to put your attention when thinking it. Putting your attention on these energetically powerful and symbolic points magnifies the CT power. Some FPs sit within energy centers within the body called Chakras – which is a Sanskrit word for ‘wheel’ or ‘vortex’. It has been said, focusing on chakras activates the energy vortexes. Other FPs are symbolic and the mind responds to symbols. Despite the theory, the power of the CTs comes from using them regularly.</p>	

T13 Constructing the Calm Thoughts

The Calm Thoughts are made up of 3 parts.

Part 1



OM

Part 2



Intention

Part 3



Focus Point

Reason for Each Part

OM

Known as the supreme mantra, OM is the driving vibrational force of creation.

Intention

Marrying Om up with positive intentions helps bring them into everyday life.

Focus Point

Putting attention on these energetically symbolic points magnifies their power.

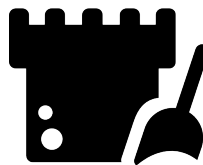
T14 Talk Assessment Tracker



T14 : Purpose of the 10 Calm Thoughts

KEY TEACHING POINTS	Pass?
<i>Revise the more complete descriptions provided in the training video.</i>	
OM CONNECTION (Soles of the Feet) When caught up in our head, we lose connection to our Self & life. Awaken to the interconnectedness of everything and everyone and improve your relationship with Self/Life.	
OM POWER (Base of the Spine) Mind-made power is on a spectrum. Timid/Scared/Weak or Ego-Driven-By-Fear. Plug into real inner power.	
OM JOY (In the Navel) Joy is natural expression of life. Beyond highs of happiness. Joy is the flow of inner-life-infused energy within everyone. Often confused with fear/anxiety and suppressed transformative power.	
OM PEACE (In the Solar Plexus) Consciousness is peaceful. Everything happens within a constant context of peace. Rediscover inner presence.	
OM LOVE (In the Heart Centre) Love is the essence of your being. Knowing inner source of love frees us from fear of it being taken away.	
OM TRUTH (In the Throat) Truth is absolute and true for everyone, everywhere. Beliefs are only ever relatively true. Truth heals.	
OM CLARITY (In the Forehead Centre) Confusion comes from over-thinking. Clarity comes from being inwardly still and quiet.	
OM WISDOM (Top of the Head) Wisdom is not learned, but heard and remembered. Reconnect with wisdom to know what to say and do.	
OM ONENESS (Far & Wide) Separation is mind-made illusion. The mind-made 'me' fuels illusion of separation. Discover you are one with HHH.	
OM PRESENCE (In the Entire Body) When you reconnect with inner presence you have a genuine choice as to where you put your attention. Not just from one part of your mind to a 'prettier part', but the choice to go beyond the mind and experience true peace, presence & possibilities.	

T15 Talk Assessment Tracker



T15 : Mind Calm Games

KEY TEACHING POINTS	Pass?
These games help you to strengthen your 'attention muscle, cultivate 'context awareness' and be still now.	
<ol style="list-style-type: none">1. Reality Check: <i>For being here now</i>2. Counting Thoughts: <i>For when you're lost in your mind</i>3. Notice the Now Space: <i>For being context aware</i>4. Heart Watching: <i>For conscious connections</i>5. Inward Gazing: <i>For moving your attention inward</i>6. Noticing Nirvana: <i>For knowing all is well</i>7. Silence Speaks: <i>For tuning into inner silence</i>8. Enlightened Eye: <i>For honing one-pointed focus</i>9. Resonance Revolution: <i>For exploring the context of life</i>10. Air Aware: <i>For being clear and here</i>	
<i>Complete instructions in the accompanying training video. Please also see additional Mind Calm Games pdf download.</i>	

Mind Calm Talks **Pass Tracker**

Track Your Progress

Place a tick beside every talk you believe you've passed during your Co-Coaching practice sessions, and then a tick beside every module that your trainer confirms you passed during your Skype sessions.

TALK MODULES	Co-Coaching PASSED?	Trainer PASSED?
1. Why Meditate?		
2. Hearts Highest Hope		
3. You Are What You Want		
4. Thinking Makes You Miss Life		
5. The Peace With Mind (& Emotions) Miracle		
6. The 5 Hidden Causes of a Busy Mind		
7. More to Life Than you Think		
8. The Silent Solution		
9. The Serenity & Success Formula		
10. The 3 S's for Being Super Human		
11. The 3-Step Mind Calm Technique		
12. Common Meditation Happenings		
13. Constructing the Calm Thoughts		
14. Purpose of the 10 Mind Calm Thoughts		
15. Mind Calm Games		



Intro Talk AGENDA

Brief background to why you started meditating and how you have personally benefited.

- T1. Why Meditate?
- T2. Hearts Highest Hope
- T5. More To Life Than You Think
- T6. The Silent Solution
- T7. The Serenity + Success Formula (Part or All depending on time)
- T9. Mind Calm Game – Notice the Now Space (Optional)

OR

- T1. Why Meditate?
- T2. Hearts Highest Hope
- T5. The 5 Hidden Causes of a Busy Mind
Followed by 'How to Engage GAAWO'

Mind Calm Meditation Taster

(Optional, depending on time + if group ready)

Do the 5-Step Intro with 5 minutes closed eye-group meditation with one Mind Calm Thought – Om Peace (Solar Plexus)

Timings – 45 – 90 minutes

Recommended Price – Free - £10 (Bring a Friend for Free)

Promotional Offer - £10 off Mind Calm Coaching

Prize Draw (Optional) – Free Mind Calm book.

1-Day Class MARKETING BLURB

Welcome to the meditation practice that you've been looking for. No jargon, no rituals, no strict rules, no uncomfortable sitting positions, and absolutely no judgement as to where you're at. Just a simple, easy-to-learn and fun way to enjoy more serenity and success in daily life.

Mind Calm Meditation provides practical techniques that allow you to let go of the constant chatter happening in your mind. In doing so, Mind Calm Meditation can help you to worry less, sleep better, improve your relationships, live more in the present moment and feel more calm, confident and content.

During this Mind Calm Meditation Class with qualified Mind Calm Coach MISS SHANTI, you are given expert guidance on how to use Mind Calm Meditation in the most effective and enjoyable ways, learn the life-changing insights that sit at the heart of this unique meditation technique and have opportunities to meditate for short periods of time with the group. You will also learn how to use Mind Calm Meditation with your eyes open so you can experience the benefits throughout your day. Highly recommended!

Suitable for absolute beginners wanting to learn how to meditate and also advanced meditators looking to deepen their experience. Even if you know Mind Calm Meditation, you can benefit massively from attending a live 'Mind Calm Class' with an experienced Mind Calm Coach. Book today!

MEET YOUR MIND CALM COACH...

MISS SHANTI is a qualified Mind Calm Coach trained and qualified by the no.1 best selling author and creator of Mind Calm Meditation, Sandy C. Newbigging...

1-Day Class AGENDA

Session 1 - 10:00 – 11:30

Why you started meditating + How you've benefited + Meditation benefits

- T1. Why Meditate?
- T2. Hearts Highest Hope
- T3. You Are What You Want
- T4. Thinking Makes You Miss Now
- T5. Peace With Mind (& Emotions) Miracle
- T6. The 5 Hidden Causes of a Busy Mind (if no time, do it in Session 2 or 4)

Break - 11.30 – 11.45

Session 2 - 11:45 – 13:00

- T11. The 3-Step Mind Calm Meditation (Using 5-Step Intro)
- T13. Include Constructing Calm Thoughts in 5-Step Intro
- P1. Practice Mind Calm Meditation in Group

Lunch - 13:30 – 14:30

Session 3 – 14:30 – 15:45

- T12. Common Meditation Happenings
- P2. Practice Mind Calm Meditation in Group (Introducing New Calm Thoughts 1-by-1)

Break - 15:45 – 16:00

Session 4 – 16:00 – 17:00

- T7. More To Life Than You Think
- T8. The Silent Solution
- T9. The Serenity + Success Formula
- T15. Mind Calm Game – Noticing the Now Space (Optional)
- P1. Practice Mind Calm Meditation in Group (With All Calm Thoughts)

What happens next? 4-Week Challenge, Calm Gathering, Level II, Read Book(s).

Timings – 10:00 – 17:00

Recommended Price: £45-£85 (Bring a Friend for Free or for £5)

Includes – Repeat for Discount or Repeat for Free.

Offer 1-to-1 Mind Calm Coaching for anyone keen.

● Calm Gatherings AGENDA

Keep Calm and Carry On!

You want the people that you teach to keep using Mind Calm Meditation. It's much easier to keep someone meditating than attempt to get them to re-start once they've quit. Hosting regular Calm Gatherings is one of the best ways to help your students to gain momentum and enjoy the benefits possible from a regular practice.

Calm Gatherings are regular meetings (ideally every week or bi-weekly) offering people who've learnt Mind Calm Meditation in your community to come together to practice Mind Calm Meditation and continue to grow, learn and connect.

Prerequisite: Mind Calm for Me Course with a qualified Mind Calm Coach

Recommended Timings: 60 minutes

Recommended Price: Free-£10

(This is more of a service to your community than a way of making money so please keep it as low as possible to encourage regular attendance.)

EXAMPLE AGENDA

- Check in how everyone is getting on using MCM – both insights and challenges
- Quick reminder how to meditate using MCM – see recommended MCM script
- Meditate together as a group for 20-30 minutes
- Check in how everyone got on and offer chance to share their experiences
- Lesson of the Week + Mind Calm Game (Optional) + Set Homework
- Date and time of next Calm Gathering + Close.

Please be careful to honor the philosophy of Mind Calm and share messages that are in line with what you've been taught. If you choose to teach outside the remit, then please make sure Calm Gathering attendees know that what you are sharing is NOT Mind Calm Meditation.

1:1 Mind Calm Mentoring AGENDA

To coach a person through the first few weeks of learning and adopting a regular meditation routine. Momentum and guidance is important when first meditating.

SESSION ONE (Week 1)

What do you want to gain / let go of?

T1. Why Meditate?

T2. Hearts Highest Hope

Agree goal(s) of coaching relationship

T3. You Are What You Want

T4. Thinking Makes You Miss Life

T5. Peace with Mind (& Emotions) Miracle

T6. The 5 Hidden Causes of a Busy Mind

Introduction to Mind Calm Meditation

T10. Constructing Mind Calm Thought

T11. The 3-Step Mind Calm Meditation

P. Recommended MCM Script + Set homework to meditate 2-3 times daily

SESSION TWO (Week 2)

Check in with how client got on using MCM since last session.

T12. Common Meditation Happenings

P. Re-teach 3-Step MCM (focus on gentle alertness) with new CT+ meditate

T7. More To Life Than You Think

T8. The Silent Solution

T15. MC Game – Notice the Now Space + Set homework to play with game + meditate daily

SESSION THREE (Week 3)

Check in with how client got on using MCM since last session

T9. The Serenity + Success Formula

Explore what aspect of S+S Formula relevant to client

P. MC Game – Use appropriate Game + Set homework

P. Meditate together to end the session

SESSION FOUR (Week 4)

Check in with how client is getting on with games + MCM

T10 The 3 S's for Being Super Human (Optional)

Explore challenges, offer guidance, meditate together.

Mind Calm EXAM

- Q1. Why is it important to know what your Hearts Highest Hope is?
- Q2. What does CALM stand for and why?
- Q3. What is the difference between peace of mind and peace with mind?
- Q4. What stops people being present and how can a person live in the now more?
- Q5. What is the one thing you can cultivate control over and why would you want to?
- Q6. Why is it important to discover and be aware of still silent space?
- Q7. What is the philosophy at the heart of the Mind Calm Method?
- Q8. How would you coach someone complaining that they can't stop their thoughts?
- Q9. How would you coach someone saying that they can't stop negative emotions?
- Q10. How can a person be present and peaceful while making plans and being productive?
- Q11. What are the three elements of a CALM Thought and why?
- Q12. What are the steps of the Mind Calm (Sitting) Meditation Method?
- Q13. What are the main lessons and benefit gained from the 'Counting Thoughts' game?
- Q14. What is the ultimate identity crisis and how can a person know thy self?
- Q15. What is the 'Judgment Game' and how can it help a person enjoy peace and love?
- Q16. What are the common experiences a person can have when they meditate and why?
- Q17. What are the main benefits of adopting a regular practice of meditation?
- Q18. What does the term 'see it don't be it' mean and why can doing so help a person?
- Q19. What is the 'Reality Check' game and when and why would you use it?
- Q20. Name and briefly describe 3 other techniques that can help people enjoy mind calm.

Bonus Qn.

Why do you want to be a Mind Calm Coach?

Mind Calm CASE STUDIES

The practical element of this Mind Calm Coach training is important. You must show that you are able to share the main theory of the course in a clear and concise way. As a quick summary, here's what's required when it comes to your case studies:

- 10 case study summaries with different people
- For each case study, you are required to teach someone how to meditate using Mind Calm - so you will share most, if not all, of the talks with each case study participant.
- Case study summaries should be kept to 2-4 concise paragraphs of up to 500 words each.

Each case study summary includes:

1. Talk title (for instance, 'Thinking Makes You Miss Life')
2. The challenging life issue(s) that the client is dealing with and why the Mind Calm talk was relevant to them.
3. The key learning points you shared as part of the Mind Calm talk.
4. The personal story (or stories) and/or example(s) you shared when delivering the Mind Calm talk.
5. The question(s) you were asked during the Mind Calm talk and the responses you offered the client.
6. The part(s) of the Mind Calm talk that you found challenging (if relevant) and why.
7. The main learning(s) you took from doing the case study and what you will do differently next time.



Notes



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