

Gain success and wellness and happiness

WHAT RESULTS DO YOU WANT?

This Mind Detox Method designed to remove unhelpful beliefs that hold us back and even make us unwell, was developed by Sandy C. Newbigging. He is the best-selling author of New Beginnings, Thunk, Life Detox, Mind Calm, Body Calm and Heal the Hidden Cause.

Sandy is the creator of the Mind Detox Method. He has taught courses and retreats around the world. Via his Academy he has personally trained Practitioners from 15 countries. Sandy's residential mind-body-soul retreats have been featured on 3 separate television series that have been shown in 30 countries on channels including BBC and Discovery Health. He currently offers retreats in the UK and Turkey and is a columnist for Holistic Therapist Magazine, Positive Life Magazine and Om Yoga Magazine.

Sandy has thousands of hours of clinical practice under his belt. When training as a meditation teacher Sandy meditated day and night on the Island of Patmos in Greece and in the mountains of Mexico for 24 weeks. This enables him to teach from a very pure place and speak from his first-hand experience.

7 Self-Healing Secrets

SECRET #1: Your body is your mind

Evidence of the mind can be found throughout your entire body – making it scientifically accurate to say your body is your mind. As a result, your physical wellness is linked with your mental and emotional wellbeing.

SECRET #2: Your beliefs become your body

Beliefs are conclusions you've come to about yourself, other people and the world you live in. Your beliefs impact the messages sent between the brain and the body, which can impact the body's physical functioning.

SECRET #3: Your body isn't against you

Symptoms many consider to be physical problems are often your body's best attempt at adapting to survive. By changing how you perceive life, your body can adapt again, but this time by functioning in a more desirable way.

SECRET #4: Regular resistance is bad for your health

Chronic stress, caused by chronic resistance, is a major cause of physical problems. By learning to resist life less, your body has more opportunities to heal.

7 Self-Healing Secrets Cont...

SECRET #5: Cure the hidden root-cause reasons

The cause of physical conditions often resides in the subtler, unconscious part of the mind. They are unhealthy beliefs that were formed when you experienced significant emotional events. By changing your these belief, you can help the body heal, let go of stored emotional baggage and enjoy enhanced wellbeing.

SECRET #6: Unhealthy beliefs can be easy to heal

It is a myth that beliefs are hard to heal. Beliefs can be changed because they are never absolutely true, are fuelled by feelings not facts, and are based upon limited (often wrong) information. With new positive insights you can come to new conclusions anytime you want.

SECRET #7: Being present helps the body to heal

Much stress comes from thinking about the past and future. To be present is to be beyond your mind, resting in the still conscious awareness that is your true nature. When the mind rests, the body heals. Naturally, you enjoy the true health that is your birthright.

Sandy C. Newbigging

3C Vision For Being Here Now

We start of preparing our focus with the 3C Vision exercise. A remarkable way to clear your mind and feel calm, confident and content in any situation.

INSTRUCTIONS:

- 1** Pick a spot on a wall to look at, preferably above eye level, so that as you look at it, it feels as though your vision is bumping up against your eyebrows. Make sure your eyes are not so high that you cut off your field of vision.
- 2** As you stare at the spot on the wall, effortlessly let your mind go loose and focus all of your attention on the spot. At this point you may find yourself wanting to take a deep breath in and out. Let yourself do so.
- 3** Notice that within a matter of a few moments, your vision will begin to spread out. You will begin to see more in the peripheral than in the central part of your vision. You will feel it natural to take another couple of deep breaths in and out.
- 4** Now, pay more attention to the peripheral part of your vision than to the central part of your vision. Notice colours, shadows, shapes, and so on.
- 5** Continue for as long as you want while noticing how it feels. Also notice if your mind has become more still. Enjoy!

With a little practice you will be able to use 3C Vision during your daily life whenever you want to feel calm, confident or content.

There are 3 reasons why people don't get what they want.

1. Negative Emotions (AKA: emotions people tend to resist)

Examples of Negative Emotions include - Anger, sadness, fear, guilt, anxiety. All emotions exist for a purpose. They are the unconscious minds way of saying “there’s something to learn here”. Once you learn what you needed to learn, the negative emotion ceases to exist.

2. Limiting Beliefs (AKA: Incorrect Conclusion)

Examples of Limiting Belief statements - “I can’t... Life is... People are... I’m not” etc. Any time you have a Limiting Belief you must have a Limiting Decision, which preceded it.

If you find a limiting belief then the question to ask is “when did you decide that?” and “what were you deciding before that?” Keep asking the second question until you find a purely positive conclusion, then get take a deep breath and come back to now. You may find the belief feels less true.

3. Ineffective Behaviours (Strategies)

The way you are trying to get the results you want is ineffective.

Your unconscious mind is in charge of your memories, emotions, behaviours and healing.

How you feel is determined by your judgements

as to whether things are good or bad, right or wrong, better or worse and your subsequent allowance or resistance of these things. When you resist you create stress in your body and justifications in your mind for feeling negative emotions.

Your version of reality is a vastly edited version.

To improve your emotions, physical health, behaviours and life circumstances, it can be highly beneficial to improve your internal filters, especially your beliefs.

GETTING YOUR GOALS

Beliefs can either help or hinder you. This tool helps you to, first, rate your current level of belief in your ability to achieve your goal. Then, if you discover you don't fully believe it is possible for you, you should use the Mind Detox Method to heal the unhelpful belief before going on to do a lovely visualisation to help install it in your future.

INSTRUCTIONS

STEP 1 Clarify Your Goal

Clarity is power. What do you want? Do you want to meet a life partner, make more money, enhance your health, improve a relationship or something else? State your desired outcome now.

STEP 2 Rate Your Current Belief Level

On a scale of 0-10, with 10 being that you believe it is possible to achieve your goal, how would you rate your current level of belief?

If you do not rate it as 10 out of 10, you might have an unhelpful belief that is undermining your ability to achieve your goal. Continue on to Steps 3-5 to detox your unhelpful belief. Or, if you score 10 out of 10 and achieving your goal already feels inevitable, go straight to step 6.

STEP 3 Clarify your Unhelpful Belief(s)

What are the first thoughts that come to mind when you think about achieving your goal? Examples of unhelpful beliefs include: I'm not loveable, It's hard to make money and I will never heal. You are aiming to find possible beliefs that could be preventing you from achieving your goal.

STEP 4 Heal Your Belief(s)

4.1 What event in your life is the cause of your unhelpful belief, the first event that, when resolved, will cause the belief to disappear? What age were you? Trust your first answer. State your age now.

Eg. 7 years old or 3 or 4 or 5 etc.

4.2 When you think of that time, what is the first person, place, event or thing to come to mind? Trust your first answer and let the memory come back to you now.

Eg. At school, in class, teacher yelled at me and the other kids laughed.

4.3.1 What is it about what happened that was a problem for you? How did what happened make you feel?

Eg. I felt stupid, I'm not as good as others and I felt Sad.

4.3.2 Ultimately, what was it about what happened that was a problem for you? Write down the Root-Cause Reason now in one sentence: – emotion + reason.

Eg. I felt stupid, I'm not as good as others and I felt Sad.

4.3.3 On a scale of 0-10, with 10 being “high emotion and feels true”, how would you rate your Root-Cause Reason?

Eg. It feels 10 out of 10 true that I was sad because I was stupid

Use Install the Knowing Exercise now, using the instructions.

INSTALL THE KNOWING

INSTRUCTIONS:

STEP 1) Get positive learning(s) using MDM Questions 4.1, 4.2 and/or 4.3.

4.4.1 What do you know now that, if you had known it in the past, you would never have (state Root-Cause Reason) in the first place?

Eg. I know that I wasn't stupid, I just needed more help. I could have asked for help. Kids are kids, they don't have adult concepts. My teacher had her own problems.

4.4.2 For this to have not been a problem then, what would you have needed to believe? (differently then what you believed at the time)

STEP 2) ask yourself: "Where do you know that in your body?" (around your own heart, chest, solar plexus and stomach.)

STEP 3) ask yourself: "Great, if that knowing had a colour, what colour would it be?"

STEP 4) ask yourself: "Perfect, so keep or hold that knowing there now, ok?" Really know those new knowings and hold them in your body.

STEP 5) Now focus internally and go through this installation visualisation by SAYING: "Now, go to the past, with that knowing, and play the movie of the old memory from start to finish, but this time, with the (your stated colour) knowing in your (state location and learnings)"

(For example - 'The red knowing in your heart that I am loved'. Repeat your above phrase 2 or 3 times so you really take that new knowing and plant it into the past experience.)

STEP 6) After a few moments: "When you are done, bring the knowing(s) all the way back to now by opening your eyes." (When you open your eyes, take your attention away from the problem for a moment by distracting yourself. Stand up and shake it off for a moment)

STEP 7) TEST: Using questions 5.1, 5.2 and 5.3 from the 5-Step Mind Detox Method.

STEP 5 Test the Work

5.1 Test 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?

eg. Sad - because I felt stupid now feels like a zero out of 10

eg. On a scale of 10-0, with 0 being “the emotion is completely gone now and I feel neutral”, how do I rate feeling sad because you felt stupid?

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

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

Great job, you have just completed a
mind detox on yourself!

You cannot change what happened in your past, but you can change how you relate to what happened.

Therefore, to heal your past, you do NOT heal what happened, but instead, why what happened was a problem for you: in other words, the Root-Cause Reason. Even better news is that if you focus on healing the Root-Cause Reasons justifying your unhealthy beliefs, you can heal multiple memories simultaneously.

To make its job easier, your mind links similar memories together. For instance, it connects memories about the same place or person. This is why when you hear a particular song it might remind you of a particular person, place or event, and before you know it you're taking a jaunt down memory lane. Or why things can be so emotionally difficult after a relationship break-up; everywhere you go and everything you experience can end up reminding you of the very person you're trying to forget!

The great news is that, because your memories are linked together, you can benefit from what I call the emotional domino effect. By clearing the emotion associated with one key memory, (what I call the Root-Cause Event), you can clear the emotions from all associated memories too – simultaneously! This makes it possible to clear a huge amount of emotional baggage in a very short amount of time.

The trick to the emotional domino effect is to find the common thread that ties your problematic past memories together.

