

Mastering Calmness

Do you really lose 80% of your intelligence when you get angry or afraid?

YES! The **space-mind** is in charge of survival. It does not want any interference or distractions while it is handling a **fight or flight emergency**. Once the body comes under the influence of the adversary hormones of adrenalin and noradrenalin, the space-mind assumes total authority in what it assumes is a **live and death** threat.

Your **time-mind**'s opinions in such a situation are not relevant. **Space-mind** has the power to suppress the time-mind completely. When humans are in a rage they lose even their ability to talk. They may swear which is just the space-mind making noise with its highly emotional vocabulary. This suppression of **time-mind** functions produces up to an **80% drop in effective intelligence**.

Can the time-mind turn off the space-mind?

NO, the space-mind always has full power to act. However, if you master calmness, you can block the release of the adversary hormones. This will prevent the space-mind from attenuating the time-mind.

How do I learn to master calmness?

Simply perform the following thirty minute exercise one or more times daily

To optimize the power of this exercise perform each instruction as you read it. Go at your own pace. Mark your place with your fingertip as you move through the exercise so you will always know where you are. Other good ways to use this exercise is to have someone read the exercise for you, or even better record the exercise on an audiotape in your own voice and then play the tape as you relax. You should try the exercise a few times by reading it first. This will give the sense of pace, you want to use to make an effective recording.

•To begin get comfortable:

Find a comfortable position. You may sit, or lie down if you prefer. Take your time getting comfortable. Move your body until you find the best position. There is lots of time.

•Calming your breathing:

Take a deep breath, Hold it for a moment comfortably, then, let it all the way out.

When you are ready, take another deep breath.
Hold it a little longer, when you are ready, let it out slowly thinking

“I am completely calm. I am completely relaxed.”

Focus on your breathing.... Feel the good healing air coming in with each breath.....
Feeling the outgoing air carry away your tensions and stresses.... In and out..... In and
out..... In and out.

As you breathe allow your body to become calm and at peace. Notice how your body
moves as you breathe. Your abdomen rises and falls, like a boat sailing on a calm sea.....
Rises and falls..... Rises and falls..... Rising and falling like a boat floating on a calm sea.

Take a deep breath. Hold it as long as you can comfortably. Then slowly let it all the
way out, thinking:

“I am completely calm. I feel deeply relaxed as if there’s lots of time.”

Take a deep breath. Hold it as long as you can comfortably. Then slowly let it all the
way out, thinking:

“I am completely calm. I feel deeply relaxed as if there’s lots of time.”

•**Calming your body:** Take extra time to relax any area of your body that is
uncomfortable. You should slow the exercise whenever you encounter any area of your
body that is ill or injured. ... When you are ready begin with your toes.

I relax my toes. I relax the muscles of my toes. I imagine the muscles as they stretch
and relax as they become soft and supple. I relax my toes.

I relax my feet. I relax the muscles of my feet. I imagine the muscles as they stretch
and relax as they become soft and supple. I relax my feet.

I relax my ankles. I relax the muscles of my ankles. I imagine the muscles as they
stretch and relax as they become soft and supple. I relax my ankles.

I relax my legs. I relax the muscles of my legs. My shins. My calves. All parts of my
legs. I imagine the muscles as they stretch and relax as they become soft and supple. I
relax my legs.

I relax my knees. I relax the muscles around my knees. I imagine the muscles as they
stretch and relax as they become soft and supple. I relax my knees.

I relax my upper legs, my thighs, front and back. I relax the muscles of my hips. I

imagine the muscles as they stretch and relax as they become soft and supple. I relax my upper legs.

I relax my sex. I relax the muscles of my sex. I imagine the muscles as they stretch and relax as they become soft and supple. I relax my sex.

I relax my abdomen. I relax the muscles of my abdomen. I imagine the muscles as they stretch and relax as they become soft and supple. I relax my abdomen. I relax the internal organs of my abdomen. I relax my stomach, my intestine, my colon, my liver and spleen. I relax my kidneys and bladder, and all the organs of my abdomen. I relax deeply.

I relax my lower back, my buttocks, my tail bone. I imagine the muscles as they stretch and relax as they become soft and supple. I relax my back.

I relax my middle back. I relax the muscles of my mid back. I imagine the muscles as they stretch and relax as they become soft and supple. I relax my back.

I relax my upper back. Between my shoulder blades. My lower neck and the muscles of my shoulders. I relax the muscles of my upper back. I imagine the muscles as they stretch and relax as they become soft and supple. I relax my back.

I relax my chest. I relax the muscles of my chest. I imagine the muscles as they stretch and relax as they become soft and supple. I relax the internal organs of my chest. I relax my heart. Imagining as it beats regularly and strong. I relax my lungs.

Imagining as they breathe fully and comfortably. Take a deep breath. Hold it as long as you can comfortably, then let it all the way out. Thinking I am completely calm. I am completely relaxed.

I relax my shoulders and my upper arms, my biceps and triceps. I relax the muscles of my upper arms. I imagine the muscles as they stretch and relax as they become soft and supple. I relax my shoulders and upper arms.

I relax my elbows. I relax the muscles about my elbows. I imagine the muscles as they stretch and relax as they become soft and supple. I relax my elbows.

I relax my forearms and wrists. I relax the muscles of my forearms and wrists. I imagine the muscles as they stretch and relax as they become soft and supple. I relax my forearms and wrists.

I relax my hands and fingers. I relax the muscles of my hands and fingers. I imagine the muscles as they stretch and relax as they become soft and supple. I relax my hands and fingers.

I relax from the tips of my fingers to the depth of my shoulders.

I relax neck and head. I relax the the muscles of my neck and head. I imagine the muscles as they stretch and relax as they become soft and supple. I relax my neck and head.

I relax my face, my eyes, my forehead, my nose and nasal passages, I relax my mouth, my lips, and my tongue. I relax all the muscles of my face. I imagine the muscles as they stretch and relax as they become soft and supple. I relax my face.

Now search your entire body for any knots of tension or areas of incomplete relaxation. when you find them simply let them go. As you let the tensions go, think:

“I am completely calm. I feel deeply relaxed as if there’s lots of time.”

•Deepening my relaxation with the feeling of heaviness

I focus on my right arm. My right arm grows heavy. So very heavy. My right arm feels more and more heavy as if my arm was made of lead. As my arm grows heavy I relax deeply.

I focus on my left arm. My left arm grows heavy. So very heavy. My left arm feels more and more heavy as if my arm was made of lead. As my arm grows heavy I relax deeply.

I focus on my right leg. My right leg grows heavy. So very heavy. My right leg feels more and more heavy as if my leg was made of lead. As my leg grows heavy I relax deeply.

I focus on my left leg. My left leg grows heavy. So very heavy. My left leg feels more and more heavy as if my leg was made of lead. As my leg grows heavy I relax deeply.

I focus on my body. My body grows heavy. So very heavy. My body feels more and more heavy as if my body were made of lead. As my body grows heavy I relax deeply.

I am feeling heavy, so very very heavy. I am feeling calm, so very very calm. I am feeling relaxed, so very very relaxed.

•Deepening my relaxation with the feeling of warmth:

I focus on my right arm. My right arm grows warm. So very warm. My right arm feels more and more warm as if my arm was resting in the warm sunshine. As my arm grows warm I relax deeply.

I focus on my left arm. My left arm grows warm. So very warm. My left arm feels more and more warm as if my arm was was resting in the warm sunshine. As my arm grows warm I relax deeply.

I focus on my right leg. My right leg grows warm. So very warm. My right leg feels more and more warm as if my leg was resting in the warm sunshine. As my leg grows warm I relax deeply.

I focus on my left leg. My left leg grows warm. So very warm. My left leg feels more and more warm as if my leg was resting in the warm sunshine. As my leg grows warm I relax deeply.

I focus on my body. My body grows warm. So very warm. My body feels more and more warm as if my body was resting in the warm sunshine. As my body grows warm I relax deeply.

I am feeling warm, so very very warm. I am feeling calm, so very very calm. I am feeling relaxed, so very very relaxed.

• **Anchoring your feeling of calmness:**

Now that you are feeling calm and relaxed, you want to anchor this feeling of calmness to a physical sensation that you can use to instantly recall this feeling when you are stressed. One anchor that is often used is to grip your left wrist with your right hand and squeeze strongly. You may use your left hand to squeeze your right wrist if you prefer, or create your own personal anchor if you like. It really doesn't matter.

Take a deep breath. Hold it as long as you can comfortably. Let it out slowly thinking.

"I am completely calm. I feel deeply relaxed as if there's lots of time."

Take a deep breath. Apply your anchor. Grip your wrist tightly and squeeze. Now focus on the sensation of your anchor thinking:

"Whenever I feel my anchor, I will feel completely calm and relaxed. When I am calm, I am strong."

Continue to focus on the sensation of your anchor. Take a deep breath. Hold it as long as you can comfortably. Let it out slowly thinking.

"When I am calm, I am strong. When I am calm , I can solve any problem."

Take a deep breath. Hold it as long as you can comfortably. Let it out slowly thinking.

"I am completely calm. I feel deeply relaxed as if there's lots of time."

Apply your anchor. Now focus on the sensation of your anchor thinking:

“Whenever I feel my anchor, I will feel calm and completely relaxed. When I am calm, I am strong.”

Continue to focus on the sensation of your anchor. Take a deep breath. Hold it as long as you can comfortably. Let it out slowly thinking:

“When I am calm, I am strong. When I am calm, I can solve any problem.”

In the future, whenever I am confronted with any stressor, any difficult situation, I will remember the power of calmness. I will apply my anchor and feel instantly calm. I will feel instantly relaxed. I will always remember:

“When I am calm, I am strong. When I am calm, I can solve any problem.”

00

Take a deep breath. Hold it as long as you can comfortably. Let out slowly thinking:

“When I am calm, I am strong. When I am calm, I can solve any problem.”

Now imagine some real problem that is going on in your life today. But as you imagine this problem feel calm and relaxed. Thinking:

“Anger will not help me,. fear will not help me. Only calmness can help me. I will be calm and strong.”

Take a deep breath. Hold it comfortably. When you are ready exhale thinking:

“When I am calm, I can think clearly. When I am calm, I can think well. When I am calm, I am fully intelligent.”

As the images and thoughts about your problem come into your mind simply watch them from this detached perspective of calmness and deep relaxation. Imagine yourself dealing with the stress in your life in a calm and relaxed way. See yourself solving your problems in calmness by thinking well by thinking clearly.

Continue this exercise a few moments as you like.....always thinking:

“With the mastery of calmness, I can neutralize any stressor and solve any problem.”

•Returning to normal consciousness

Now prepare to return to normal consciousness. Imagine a cool wind blowing across your forehead. As you feel the coolness, think:

“My forehead is pleasantly cool. I feel a pleasant sensation of coolness on my forehead.”

Now imagine your body is growing lighter. Imagine your body is filling with energy. Very slowly take a deep breath. As your body fills with air think:

“I feel cool and pleasant. My body is growing lighter. My body is filling with energy.”

And now slowly return your thoughts to the external surroundings, the present place, the present time. Begin to move your toes,.... contract your fingers,.... contract and relax your facial muscles,.... swallow your saliva,.... clench your fists and stretch your arms and legs,.... inhale and exhale deeply,.... slowly open your eyes,.... look around and notice your surroundings,....remain quiet for a few moments.....