

Calm Your Mind Now

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How do you calm your mind in an extremely stressful situation? This session will guide you through doing exactly that. As a result of this session you'll be able to do the same exercise in the future whenever or where-ever it's needed even with your eyes opened.

Script Begins Here:

Stress is the cause of many negative things... You're now going to learn a way to control stress and stop it in its tracks... Controlling stress will help you to relax, open your immune system to heal better and open your creative thought process...

Before starting this exercise it's important to understand that stress only exist in the past and in the future... it cannot exist in the present... So, from now on whenever you become stressed, and wish to eliminate it... you'll simply bring yourself to the present moment allowing the stress to fade away...

The way you'll do that is by focusing on something that you see right in front of you and describing it in detail... I'd like you to use your imagination as we begin...

Imagine yourself right now at any location where you may possibly become stressed... What I'd like you to do right now is to imagine yourself focusing on a pretty picture... It can be a picture on the wall, a picture in a book or on a cover... or if you're outdoors it can even be a pretty bit of scenery such as the sky, trees, building, or even another person...

You can choose any item you want... So right now, think of something that you'd like to focus on... A person, place, picture, animal, or anything you'd like... I'd like you to think of it in as much detail as possible...

Now describe it to yourself quietly as if you were describing it to someone else over a telephone... In order for the person over the telephone to imagine what

you're imagining you'll have to be as detailed as possible... For instance, if it were a sunset, you'd have to tell them what's on the horizon... where's the sun setting, is it over trees, over the ocean, the mountains... how much sky is above it or land below it and even the colors or textures...

So right now, go ahead and imagine whatever the item is that you'd like to describe to your friend over the telephone... be as detailed as possible... Imagine the picture as if you're right in front of it... and what you'll find is, the more you described this picture in detail... the quicker any stress will fade away...

You brought yourself to the present by describing and focusing on something right in front of you... By doing this you've let go of all outside stresses, thoughts and interferences to be able to focus on this task...

In the future if you become stressed, you can do this with your eyes open... There's no need to have to close your eyes as you're doing now... Simply look at something and describe it in detail... while imagining speaking on the telephone to a friend so they can picture the same picture at that you are...

Continue doing it until you feel that they're able to experience the same picture and you'll feel the stress simply fade away...

Congratulations and welcome to the now.