

Tips for Calming the Mind - Exercise

Here are some simple techniques to calm the mind. For all these techniques, the person should be sitting comfortably in a chair or anywhere they are comfortable, but not lying down (this may induce sleep, and we want to induce a relaxed alertness).

1) This is good for visual people or people wishing to improve their visual modality. Find an object, I use either a crystal, flower, or candle (but anything will do) and place it on a table in front of you about an arms length away. Simply focus on the object, being aware of its shape, colour etc. Place all your attention on that object and as soon as you're aware that your mind wanders, immediately bring it back to focusing on the object.

2) This is good for auditory and kinaesthetic people. Repeat the mantra Om (sounds like oohhhhhhhmm) out loud, each ohm should last at least 10 seconds. Breathe in, then as you breath out say ohm on the out breath, relaxing the body as it flows out. Really focus on the sound and resonance of the ohm, and when you become aware of the mind wandering, come back to the sound.

Background information – This slows the breath down producing less oxygen and more carbon dioxide which is a smooth muscle relaxant, which means the central nervous system slows down, producing a change in brain waves to an alpha state. Also research has shown 'ohm' is the only sound to actually change the physical bio-chemistry of the body to resonate more with health. Also the sound ohm (meaning peace/love) creates a more positive energetic ambiance in the person's energetic field and surrounding environment.

3) If the above is a bit too weird, then playing a piece of soothing music like the sound of the rainforest or waves, or even classical music may help. Put all attention on the harmony, pitch, rhythm etc, of that music. When the mind wanders come back to the music.

4) Metta Bhavana (art of loving kindness)
First focus on developing love for yourself, then a good friend, then a neutral person, then an enemy then outward to all beings, animals and everything on earth, then into the universe.

The Metta is probably the most important thing a person can do as it not only has a positive effect on one's mind and so behaviour, but also one's physical health. It is believed that the thought resonance feeds into the 'collective consciousness', raising universal consciousness positively. Research has shown a group of meditators can reduce crime and violence in the surrounding neighbourhood. Although this does not make sense from a 'Newtonian' scientific perspective (and never will), it makes perfect sense from a 'Quantum' perspective - thank God science is enlarging it's box so more things can fit in it and the old unexplainable phenomena are now becoming explainable!

5) Go into nature and just observe it. This is probably one of the best ways to get one's thinking back on track. Also exercise and walking is brilliant.