

A hand is shown at the bottom of the frame, holding a single feather. The feather is dark with light-colored stripes and is positioned vertically. The background is a soft, out-of-focus sunset or sunrise over a body of water, with a gradient from light blue at the top to a warm orange and yellow near the horizon. The overall mood is calm and serene.

# 3 SIMPLE & PROVEN STEPS TO CALM YOUR MIND

**LEARN HOW TO CONTROL YOUR  
STATE OF MIND INVESTING  
ONLY 10 MINUTES A DAY**

**BY BOOST CAMP BALI**

Stressed?

Overwhelmed?

*how often do you raise your voice?*

FRUSTRATED?

HOW OFTEN DO YOU BLAME OTHERS?

You may get easily stressed by your own thoughts on to-do list, that never gets shorter, work issue, that must be resolved asap, health, that is indicating passing years, children that are testing your patience, criticism, that makes you a scape-goat; an award, that you deserved, but never got one; traffic, that is not moving when you are getting late for your morning meeting, etc.

**When negative emotions get cumulated, pumped by intense thinking, stress level rises. You can easily recognize it by your physiology, as the body starts producing survival hormones, adrenaline and cortisol, so you may experience a rapid heartbeat, tightening muscles, dilated pupils and perspiration in addition to short and shallow breaths.**

While an instant reaction to the situation of danger has been helping us to survive for millenniums, a longlasting exposure to stress can lead to such severe disorders as general physical and emotional fatigue, frequent headaches, colds, and stomach problems, depression or sleep disturbances...

## CALM YOUR MIND

You must learn first how to CALM YOUR MIND at any time when thoughts start building up unwanted emotions. CALM YOUR MIND to control your behaviors and own your actions. CALM YOUR MIND and don't let the stress control your life.

### HOW

There are 3 simple STEPS that will help you to calm your mind.

### 3 STEPS TO CALM YOUR MIND



to calm down  
your mind and  
body

to disconnect

to build the  
muscle of the  
CALM MIND

### RECIPE FOR A CALM MIND

Sit down, Put your headphones on, Close your eyes and Listen to the relaxing music. Start with a breathing exercise, and continue focusing on one quote of your choice.

**Frequency:** Daily **Timing:** 10 min. **Servings:** 1

# 1. BREATHING

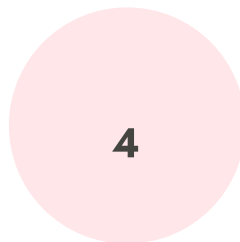
Practice deep breathing. Every morning before diving into the daily routines, decide on a two-minutes breathing workout. There are various ways to make breathing your ally, but there is one method which we really recommend.

## WHAT TO DO

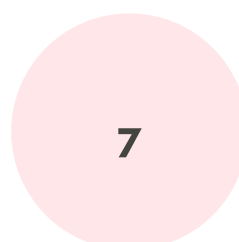
According to 4-7-8 breathing technique, widely diffused by dr. Andrew Weil these are the steps to follow:



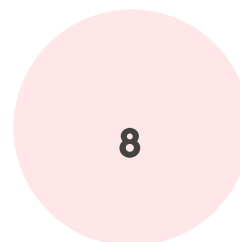
This is one breath. Now inhale again and repeat the cycle three more times for a **total of four breaths.**



Close your mouth and inhale quietly through your nose to a mental count of four.



Hold your breath for a count of seven.



Exhale completely through your mouth, making a whoosh sound to a count of eight.

## FOCUS

While repeating the 4 cycles of breathing, draw your attention to the oxygen that you are inhaling, placing it in different parts of your body:

- **your lungs and heart**

> holding your breath for a count of seven > be grateful that they are functioning 24/7 without your effort

- **your head**

> holding your breath for a count of seven > use the fresh oxygen to clean your mind from all thoughts; then push it to your eyes and be grateful that you can see, nose, so you can smell, mouth, so you can smile (smile to yourself), tongue, so you can talk, ears, so you can hear.

- **your hands and legs**

> holding your breath for a count of seven > be grateful that you can walk, that your hands support your simplest activities.

- **your wounded, painful places**

> holding your breath for a count of seven > ask for healing them, so the fresh oxygen renew every sick/painful cell.



Once you develop this technique by practicing it every day, it will be a very useful tool. Use it whenever your thoughts get out of your control, building up negative emotions. **BEFORE YOU REACT**, go for a minimum one cycle of breathing, 4-7-8!

## 2. LISTENING

Some people find the relaxing music or the sound of nature very calming, so they turn those slow bids as a background for breathing exercises while relaxing, studying or working in order to distress, relax or concentrate. Others find it as a distracting noise and prefer a quiet environment. Try it out and check if music works for you! There is no “right” or “wrong” way.

### WHAT TO DO

Simply, find online relaxing piece of music, sometimes called relaxation/ study/ focus music, or the sound of rain, flowing river, waves crashing against a reef, a whale’s song and test which of those suits you most (if any). Put your headphones on, close your eyes and listen.

### FOCUS

While listening, draw your attention to the beats, rhythm, volume, distinguish various instruments, changing intensity of each sound.

Many experiments, research studies, and theoretical work have proven that music, especially relaxing music, has great cognitive, emotional and neurobiological benefits.

### 3. FOCUSING

The above-described breathing exercise and listening to relaxing music, already aim at distracting the flow of incessant and involuntary thoughts. However, focusing is so important that we will treat it as a separate step towards reaching the CALM MIND.

Focusing is sticking to one thought. That single thought keeps away other thoughts; distraction of mind is a sign of its weakness; so, practising focusing strengthen it.

#### WHAT TO DO

1. It is important to practice focusing every day. It is better to do it regularly, even if it is for a few minutes than only occasionally.
2. About 10 minutes are quite enough once you begin. In time, as you gain experience and expertise, you may increase the time.
3. Do not practice focusing when you are tired.
4. Select a place where you can be alone and undisturbed. Noises and distractions spoil your concentration, disturb your focus and cause your mind to wander away.
5. Sit in a comfortable position with your back straight. You can sit on the floor, on a cushion, or on a chair, as you find convenient and comfortable.
6. Think for a moment about why you are doing so. (see BENEFITS below)
7. Before you start focusing, decide to postpone any thoughts, ideas and plans until you finish.
8. Strive to stay calm, both mentally and physically, and do not tense your body. If you feel that tenseness increasing within your body, stop for a moment and relax your body.
9. Patience and self-discipline should be always cultivated. These skills would enable you to continue with your practice, despite difficulties and inconvenience. Be patient and gentle with yourself
10. Start with a simple technique focusing on an inspiring quote, choosing it from any spiritual teacher, and repeat it in your mind, trying to find its deep meaning, beyond the written words.



## BENEFITS

These 3 simple & proven steps bring multiple benefits:

- **Reduces stress and anxiety.** You will gain freedom from constantly nagging thoughts and worries.
- **Relaxes body.** Your heart rate and respiration will slow down, calming brain activity.
- **Increases dozes of oxygen** poured into every cell of your body. You will help function each organ, every muscle and all the systems of your body becoming healthier.
- **Improve detoxification and release toxins.** You will release harmful toxins. Your cleansed body will direct its energy to more productive functions.
- **Release endorphins.** Deep breathing and gratitude trigger the release of endorphins, so you will feel happier and healthier.
- **Improves brain functioning,** fostering faster communication between neurons from two hemispheres of the brain. You will become more creative.
- **Improves concentration.** You will be able to focus deeper and longer on one activity.
- **Optimizes cognitive processes.** You will be able to process information and retaining new one quicker and more efficiently.
- **Improves efficiency & accuracy.** You will be able to complete tasks quicker and accurately.
- **Improves sleep quality & time to fall asleep.** You will be restful and relaxed after a good night sleep.

Grow stronger, enjoy inner peace, think positively,  
and live a better, happier, and successful life with a  
recipe for a CALM MIND.



Calm your mind & boost your true potential at Boost Camp Bali,  
learn more at [www.discoverrealasia.com/boost-camp-bali/](http://www.discoverrealasia.com/boost-camp-bali/)

