

CALM CURE



Appendix II

DIRECTORY OF 101 CONDITIONS AND THEIR CAUSES



Conditions and Mind-based causes	
Acne	Negativity towards self, comparison, feeling less than, lacking self-love, unaccepted, nervousness, unworthiness, unresolved pubescent event(s), perfectionistic, controlling, anger, 'There's something wrong with me'
<i>Calm thought</i>	I am lovingly gentle towards myself.
Acid reflux	Certain thing(s) hard to digest in relation to what you've witnessed and/or experienced, rejecting news, fear, anxiety, communication difficulties, anger about injustice, guilt and shame surrounding past action(s), self-doubt, acidic thinking
<i>Calm thought</i>	I am accepting of myself and life.
Allergies	Anger, unfriendly environment, unprotected, powerless, scared about getting in trouble, difficulty relaxing, unresolved hurt, blame/victim mentality, feeling controlled, unclear boundaries
<i>Calm thought</i>	I am friendly with the unfamiliar and responsible for how I respond to life.
Anaemia	Scared of what life might bring, expectation of difficulties arising, uneasy, worrisome thinking, unable to cope, questioning of abilities, feeling someone/ something has 'drained the life' out of you, giving out without allowing yourself to receive back
<i>Calm thought</i>	I am joyfully facing life and assuming the best.

Conditions and Mind-based causes	
Appendicitis	Lacking inspiration in life, helpless, scared of what might happen, stuck unable to get away from toxic situation, angry, disappointed, loyalty conflict, let down by life, too hard on yourself
<i>Calm thought</i>	I am grateful for what I have and empowered to bring in even better.
Arthritis	Holding on, fixed ideas, identity attachment, anger, grief, resentment, giving out without getting back what you need, 'other people's goals more important than mine', unforgiveness, unresolved childhood rejections, unhappy with life but not doing anything about improving things
<i>Calm thought</i>	I am able to let go, let in the new and take action to be happy.
Asthma	Fear of death, unsupported in life, unable to cope, suppression of self, picking up on the stress and tension of parent or person close to you, undeserving of good things, need to prove worth, people-pleasing to get love
<i>Calm thought</i>	I am supported, deserving of the good and willing to say no when required.
Atherosclerosis	Feeling blocked, hard relationships, narrow-minded (but wouldn't want to admit it), limited range of feeling, disconnected from multifaceted self (for example, too physical, not enough spiritual), not going with the flow, separate, isolation
<i>Calm thought</i>	I am open-minded and -hearted and connected to my entire self.

Conditions and Mind-based causes	
Athlete's foot	Taking on board someone else's stale thinking/ways, anger at a perceived lack of love, feeling restricted and prevented from freely moving forward, looking outside for permission to act
<i>Calm thought</i>	I am accepted for who I am and free to move forwards with fresh ideas.
Auto-immune	Vulnerable, feeling attacked and/or under threat, inner conflict, unable to fight or run from external problem/threat, unsure who/what to trust, shutting down to protect, 'world is a dangerous place' mentality, overprotective, being hard on yourself
<i>Calm thought</i>	I am safe and protected within myself and the world.
Back pain (lower)	Unsupported, unable to support self, resistance and/or attachment to support others, unsafe, weak, vulnerable, incapable
<i>Calm thought</i>	I am supported, and willing and able to support myself and others.
Back pain (middle)	Disconnected from self, others and/or life force, threat from unseen source, hurt
<i>Calm thought</i>	I am connected to all aspects of myself.

Conditions and Mind-based causes	
Back pain (upper)	World on your shoulders, people-pleasing, carrying expectations, taking on other people's issues, unresolved pressing problem, suppressed, resistance to carry heavy problems/emotionally heavy people, attached to being carried
<i>Calm thought</i>	I am blessed by being able to carry myself and other people lightly.
Bacterial infection	Tired, fragile, vulnerable to being negatively impacted by other people and external events, feeling unloved/unsupported, stuck in a situation, angry at unfair treatment
<i>Calm thought</i>	I am strong and inwardly reliant and able to move into a happier space.
Bad breath	Personal space being invaded, desire to create separation, loner, past hurts leading to self-isolating tendencies, disgust towards inner voice
<i>Calm thought</i>	I am open to being close and to feeling connected to myself and others.
Bleeding gums	Unspoken insecurities, unnourished by others and life, angry and alone with a lack of support
<i>Calm thought</i>	I am secure and supported by life.
Burping (and also sneezing)	Unspoken thoughts about things you dislike, rejection of ideas, unresolved conflict(s) in relation to what you have recently consumed
<i>Calm thought</i>	I am free to speak my mind.

Conditions and Mind-based causes	
Cancer	Resistance to life, hurt, bitterness, anger, victim mentality, unforgiveness, guilt, grief, regret, perceived lack of love, out of control, unresolved past hurts, invaded, hiding and resistance to true feelings, attached to a different life
<i>Calm thought</i>	I am free to forgive and I love life in a loving and compassionate world.
Candida	Vulnerable, invaded, untrusting, imbalance between taking and giving, feeding off others, doubt, anger towards an irritating person/situation
<i>Calm thought</i>	I am able to forgive and feed my own needs.
Coeliac disease	Judgemental, good vs. bad thinking, attached to good, resisting bad, sensitive to external influences, unable to cope with criticism, self-dislike, unable to digest being unheard/uncared about, hiding true thoughts/feelings, unseen
<i>Calm thought</i>	I am accepting and allowing, and release the need for others to nourish me.
Chronic pain	Anger, resentment, resisting emotions, not being honest or feeling true feelings, things left unsaid and/or unfelt, unforgivingness
<i>Calm thought</i>	I am free to feel and speak my feelings.
Colds	Overwhelmed, overworking, fast-paced nonstop living, uncertainty, confusion, escaping environmental negativity
<i>Calm thought</i>	I am safe when I slow down and rest.

Conditions and Mind-based causes	
Cold sores	Feeling run-down, uncommunicative, concerns around being accepted, awkwardness, feeling controlled by others and let down by life
<i>Calm thought</i>	I am accepted for who I am and able to feel comfortable when showing myself.
Colitis	Hurt, helpless, sad, confused, 'what's the point?' mentality, want external help instead of helping yourself, unable to process or comprehend what's happened, holding on to painful past
<i>Calm thought</i>	I am free from past hurts and able to help myself heal and be happy.
Conjunctivitis	Fear of what might happen, worry, resisting the fear that you are seen in a negative light
<i>Calm thought</i>	I am loved always, with love being the unseen connector within all of life.
Constipation	Undecided, holding on, fear of not having enough, ungratefulness, loss, resisting change, hoarding, giving what you need, uncomfortable to receive, stuck in worrisome thinking pattern, scared about what might happen
<i>Calm thought</i>	I am grateful for having enough and make courageous decisions.
Cough	Feeling unseen and/or unheard, barking at life, feeling left out, unable to ask for what you want or need, ignoring issues, irritation at self and others, inaction
<i>Calm thought</i>	I am included, important and able to make positive changes.

Conditions and Mind-based causes	
Dandruff	Feeling sucked dry by pressures, people and/or responsibilities, too many things to do, overworking, people-pleasing, hiding true feelings relating to how stressed you feel, suffering in silence
<i>Calm thought</i>	I am capable of meeting the demands of my day and do what's comfortable.
Deafness	Resistance and/or rejection to what you are hearing/have heard, more interested in your inner world than external world, overloaded by negativity, unresolved past events where you've heard upsetting things, feeling unheard and/or controlled by others, unwilling to receive guidance
<i>Calm thought</i>	I am receiving my inner and outer world loud and clear.
Dermatitis	Highly critical towards self and others, anger, feeling concerned and stressed about external life and circumstances, rejection of environment, feeling used and/or violated
<i>Calm thought</i>	I am accepting of my world and calm with my circumstances.
Depression	Thinking about life instead of living, lack of compelling purpose, pointlessness, resistance to feeling fully to the point of numbness, unseen, overthinking, 'surviving life is difficult' thoughts
<i>Calm thought</i>	I deserve the good in life and let 'what is' be good enough.

Conditions and Mind-based causes	
Diabetes	Lacking sweetness, numb, bored, taking on parents' problems, frequently feeling let down, self-suppression, wanting more from life but unsure how to get it, fear, lacking compelling purpose, judgement instead of joy, effort to exist
<i>Calm thought</i>	I am the sweetness I want and worthy of being myself fully.
Diarrhoea	Emotional upset, strategy for getting away/avoiding, angry at being told what to do, perceived lack of choice, escaping, uncertainty surrounding choices, fear, rejecting before you are rejected
<i>Calm thought</i>	I am free to choose what feels safe and do what I want.
Diverticulitis	Unexpressed non-acceptance, anger and agitation about what life has given you, resistance to 'what is' and attachment to something else happening, controlling, 'My way or no way'
<i>Calm thought</i>	I am accepting of what is and open to new ways of being and doing.
Dizziness	Imbalanced, ungrounded, loss of stability, don't know where you stand, too in your head, disconnected from body, resistance to uncertainty
<i>Calm thought</i>	I am grounded within my still stable self.

Conditions and Mind-based causes	
Dystonia	Constricting inner power, scared of own strength, shame about things you shouldn't have done, scared of hurting others, conflict towards completion, 'I can't do it' attitude
<i>Calm thought</i>	I am free to use my strength and commit to completing.
Earache	Not listening to inner voice, rejection of what you are hearing from external sources, protecting yourself by trying to ignore what you are hearing, closed to other opinions and ideas, annoyance
<i>Calm thought</i>	I am open to hearing opinions knowing I am a good person.
Eczema	Sadness-based anger, alone in the world, skin trying to find lost connection, isolated, irritated, emotionally sensitive, unstable without physical contact, separation anxiety
<i>Calm thought</i>	I am calm and connected.
Endometriosis	Closed off to love, need for pity, sexual shame, intimacy vulnerability, anger, feeling misunderstood or undervalued, attachment or resistance to past sexual partner(s), resistance to rejection
<i>Calm thought</i>	I am open to connecting deeply.

Conditions and Mind-based causes	
Fatigue	Unable to fight or get away from something stressful/scary and/or negative, feeling suppressed, overwhelmed, chronic resistance, rejecting life before it rejects you again
<i>Calm thought</i>	I am accepting of my inner power.
Flatulence	Difficulty digesting inner thoughts or external events, inner concern, keeping things to yourself, feeling undecided
<i>Calm thought</i>	I am able to make decisions and digest what's happened and happening.
Fungal infections	Stale thinking, acting against your inner knowing/heart, relationship secrets that make you feel unclean, holding on to a past that no longer serves you today
<i>Calm thought</i>	I am fresh in my thinking and free of the past.
Gallstones	Unresolved hurt(s), loss, feeling like you should have done more with your life, anger towards self, unforgiveness
<i>Calm thought</i>	I am at peace with what's happened and capable of creating.
Glandular fever	Feeling unwanted, anger and hurt towards a perceived lack of love, 'If nobody else cares why should I?' mentality, tired of trying to prove loveability, dejected, unable to express, resistance to feeling inner emotions fully
<i>Calm thought</i>	I am loved and wanted and am willing to feel and be me.

Conditions and Mind-based causes	
Haemorrhoids	Holding on, emotionally uncomfortable with choices you've made, unsure what to do next, feeling under pressure, unforgiving towards self and others
<i>Calm thought</i>	I am at peace with past choices and open to knowing and doing what's best.
Hair loss	Feeling vulnerable, unprotected, fear of the unknown, prolonged stress, underlying frustrations, resistance to feminine aspects of self
<i>Calm thought</i>	I am safe and calmly face anything that comes my way.
Hay fever	Environmental threats, rejecting or questioning your place on Earth, guilt, resistance to receive, resisting location, lacking space, fighting feelings
<i>Calm thought</i>	I am happy where I am with space to think, feel and be still.
Headaches	Something on your mind, overthinking, denial, guilt, shame, regret, self-suppression, deserving of punishment, invasion of space, angry thoughts
<i>Calm thought</i>	I am accepting of myself and life.
Heart disease	Hurt, closed-off, sadness, ignoring the needs of the physical, emotional and/or spiritual aspects of your self, divided, disconnected, hard relationships
<i>Calm thought</i>	I am open to all aspects of myself.

Conditions and Mind-based causes	
Herpes	Belief of being 'bad', sexual shame, deserving of punishment, needing excuse to avoid intimacy, feeling used, violated or unclean
<i>Calm thought</i>	I am a good person with pure intentions.
Hives	Angry and irritated with self, others and/or life, overwhelmed by feelings and/or circumstances, fear, helplessness
<i>Calm thought</i>	I am calm and at peace with myself, others and my environment.
Hyperhidrosis	Anger, irritated, unfairness, resistance to being in the hot seat and the centre of attention, need to cool down mentally and emotionally, unresolved shock, scared of own strength
<i>Calm thought</i>	I am cool with being the centre of attention and calm about the past.
Hypertension	Resistance, worry, anxiety, belief the world is a dangerous place, controlling, not safe to relax, unwilling to let go, attached to things happening 'my way'
<i>Calm thought</i>	I am at peace with how the world is.

Conditions and Mind-based causes	
Hyperthyroidism	Resistance to maintaining status quo, need to get going, nervous tension, anxiety, irritability, feeling held back and/or being/doing what you need to do, desire to move forwards but feeling blocked, pressure from responsibilities, questioning readiness to support self, feeling forced to grow up too quickly
<i>Calm thought</i>	I am free to make progress towards my purpose at a peaceful pace.
Hypotension	Drained by attachments, not getting what you want, tired of trying, negativity around own abilities and purpose, belief that nobody is there for me, what's the point if nobody cares?
<i>Calm thought</i>	I am passionate about going for my purpose without needing it.
Hypothyroidism	Unsafe, unable to cope, weak, vulnerable, too much to deal with, resisting a perceived lack of support in past or present, resistance to responsibilities, need to retreat to protect and feel safe, 'Life is hard', 'I can't do this' and/or 'What's the point?'
<i>Calm thought</i>	I am capable of coping with life and more supported than I may think.

Conditions and Mind-based causes	
Infections	Feeling vulnerable to external attack, overpowered by external influences, low defences, unable to cope, anger towards nobody noticing your difficulties, prolonged pressure to perform, tired of trying so hard
<i>Calm thought</i>	I am able to cope and give myself permission to be at ease and enjoy life.
Infertility	Imbalance between masculine and feminine energies, resistance to receiving and/or creating, feeling inadequate, unresolved past fears around falling pregnant, unresolved issues with parent(s), avoidance of and fears around making the same mistakes your parents did or having similar experiences
<i>Calm thought</i>	I am balanced in my ability to give and receive and thankful for what my parents have taught me.
Influenza	Too much external negativity, weak and vulnerable, running on empty, finding it hard to carry responsibilities, wanting to get away from it all, needing to justify taking time off/get away
<i>Calm thought</i>	I am free to take time for myself to rest and let go of extra responsibilities.
Insomnia	Not safe to switch off, need to stay alert, ignoring unresolved events, undeserving of the reward of rest, over-compromising, unheard heart
<i>Calm thought</i>	I am at peace with being peaceful.

Conditions and Mind-based causes	
Irritable bowel syndrome (IBS)	Irritated, unable to process, comprehend or understand, fear, emotional upset, untrusting, holding on to out-of-date thinking, uncertainty conflict between needing to let go/get away and holding on to what no longer serves, attached
<i>Calm thought</i>	I am clear-minded, light-hearted and pursue my purpose with positivity.
Itching	Anger, irritation, hot-headedness, self-punishment, shame, hiding secrets that sit below the surface, worry, angst
<i>Calm thought</i>	I am secure within the skin I'm in.
Kidney infection	Feeling upset, bitter, impure, holding on to negativity, fear, unsafe, perceived threats to your boundaries, low confidence, powerless due to exhaustion, tired of trying
<i>Calm thought</i>	I am confident and able to maintain healthy boundaries.
Kidney stone	Fear-based anger, lacking trust, the need to become hardened in order to protect yourself and feel safe, set in your ways, focused on the past to the detriment of the present and the future, feeling 'less than', pressure to perform
<i>Calm thought</i>	I am trusting that I am safe and take positive action into new territory.

Conditions and Mind-based causes	
Lips (dry/cracked)	Unconfident, scared to look stupid, be rejected and make a fool of yourself, nervousness, questioning abilities to deliver, uncertainty around what you are saying
<i>Calm thought</i>	I am carefree around what people think and believe in my abilities to deliver.
Menopausal symptoms	Buying into cultural beliefs around ageing, suppressed anger and frustration, resisting loss of youthfulness and/or desirability
<i>Calm thought</i>	I am loving life as an ageless goddess.
Migraines	Resistance to unfair events, guilt, regret, shame, self-punishment, invasion of space, shutting the world out, unable to ask for what you need, safer to be sick than face the world, unable to cope, denial, grief
<i>Calm thought</i>	I am capable with a good heart.
Mouth ulcer	Anger eating away at you, not expressing personal opinions, resistance to what you are thinking or saying, holding in frustration, attached to old thinking habits that promote problems rather than peace
<i>Calm thought</i>	I am open to new perspectives that allow me to be at peace.
Mumps	Overthinking, ignoring/going against inner knowing, unable to say what you think, instability, status quo challenged, uncertain, fear of the unknown
<i>Calm thought</i>	I am comfortable with uncertainly and can rely on my inner knowing.

Conditions and Mind-based causes	
Myalgic encephalopathy (ME)	Resistance towards and fighting life, viewing life as a struggle, anger due to feelings of unfairness, unexpressed thoughts/feelings, retreating from responsibilities, under pressure to fulfil commitments, unable to fight or get away from stressful person/situation
<i>Calm thought</i>	I am free to be and do what I want and at peace with what life brings.
Nausea	Confusion, constant questioning, feeling out of control, unable to receive what you want/need, rejection of information and/or an unwanted experience, holding a poisonous perspective, sick to the stomach about something or someone, ungrounded
<i>Calm thought</i>	I am stable in what I know is right.
Numbness	Unwilling to feel feelings fully, untrusting of instincts and intuition, unresolved emotions from the past, detached from aspects of yourself
<i>Calm thought</i>	I am willing to feel fully and trust my instincts and intuitions.
Osteoporosis	Inflexibility, rigid thinking, fixed ideas, unwilling to change, lack of structure, unable to support self, weak from supporting others, feeling inferior, bitterness, hate, resistance to standing up for yourself and/or attachment to external source of structure/support
<i>Calm thought</i>	I am flexible and stand strongly in love.

Conditions and Mind-based causes	
Parasites	Negativity, powerless, feeling people/ events are feeding off your energy, invaded, unclear boundaries, imbalance between giving and receiving (less gained than given), imbalance
<i>Calm thought</i>	I am empowered by having balance between giving and receiving.
Parkinson's disease	Moving fearfully through life, unresolved past events that caused panic, stuck energy, feeling stuck in situations, conflicted between what's right for you and what's best for others, hiding and suppressing your true feelings
<i>Calm thought</i>	I am free and express my true feelings.
Period pains	Resistance to not being pregnant, grief, anger, unresolved emotions relating to around the time in life when periods first started, resistance to female roles and responsibilities, 'not fair' mentality
<i>Calm thought</i>	I am at peace with letting go.
Pneumonia	Unsupported by life, looking outside for sustenance, alone, isolated, drained by daily duties, unwilling or unable to face life challenges, feeling restricted, closed
<i>Calm thought</i>	I am supported by life and able to stand strongly when faced with challenges.

Conditions and Mind-based causes	
Polymyalgia rheumatica	Rigid thinking, unwilling to accept other viewpoints, frustrated that your viewpoints are unheard, not listening to or acting upon inner voice, carrying heavy responsibilities, 'what's the point' mentality, feeling controlled, unable to make progress towards what you want
<i>Calm thought</i>	I am open-minded, share my opinions without attachment and am able to make progress.
Prostate	Feeling taken over or controlled, conflicts around getting older, intrusion of work or personal space, status quo challenged
<i>Calm thought</i>	I am secure with my space in the world.
Psoriasis	Feeling bullied, unprotected, vulnerable, fear, need extra-thick line of defence, unresolved near-death experience, hurt
<i>Calm thought</i>	I am protected and powerful.
Raynaud's disease	Ignoring/closed off to aspects of yourself and life, not going with the flow, isolated, disconnected, alone
<i>Calm thought</i>	I am going with the flow and open to all aspects of myself and life.
Shingles	Highly sensitive, unable to cope and/or keep up with demands, concerns relating to circumstances, environmental fears, masculine/feminine imbalance (depending on side of body the symptoms are showing)
<i>Calm thought</i>	I am at peace within myself and comfortable with circumstances.

Conditions and Mind-based causes	
Sinusitis	Frustration towards self, others and/or environmental concerns, feeling blocked with a desire to run away, facing life with a lack of tenderness, unable to select/choose between multiple options, indecision, fear of getting it wrong due to unresolved emotions relating to perceived past mistakes
<i>Calm thought</i>	I am at peace with the world, trusting of my instincts and choose what's right.
Snoring	Not feeling heard, things on your mind that remain unsaid, holding back from taking the action you know you need to take, fear of the new, stuck in ways
<i>Calm thought</i>	I am free to be and do what I want.
Sore throat	Not speaking truth, holding thoughts and feelings in, 'What I have to say doesn't matter or make a difference'
<i>Calm thought</i>	I am free to speak my mind.
Stomach pain and bloating	Indigestible news, unable to process or understand, things unsaid/unfelt, suppression of true thoughts/feelings
<i>Calm thought</i>	I am welcoming of unexpected news and I am honest with myself and others.
Stye (eye)	Losing sight of someone or something you love dearly, feeling separated, loss of love, confusion, scared, disoriented, unresolved anger and disappointment
<i>Calm thought</i>	I am open to love from new sources.

Conditions and Mind-based causes	
Teeth grinding	Responsibilities playing on your mind, bitten off more than you can chew, worry, anger, hidden desire to bite out, indecision, processing something
<i>Calm thought</i>	I am clear on what to do and will do it with calmness and confidence.
Thrush	Angry and irritated towards self about past decisions and actions, upset with partner, self-judgemental, self-critical, feeling invaded by other people's ideas, opinions or needs, ignoring own needs
<i>Calm thought</i>	I am at peace with my past decisions.
Tinnitus	Rejection of what you are saying to yourself or what you have heard, isolation, lost in your own world, resistance to silence or sound
<i>Calm thought</i>	I am engaged with life and eager to hear.
Tonsillitis	Not speaking truth, protecting secrets, guilt, fear of being found out, need to put defences up, suppressing self, feeling frustrated and/or stifled
<i>Calm thought</i>	I am imperfectly perfect like everyone else.
Tumours	Hurts, emotional wounds, unresolved trauma and/or shock, inner conflict caused by jealousy towards others and not believing it's possible for you and/or not feeling deserving/worthy
<i>Calm thought</i>	I am worthy of calm and completeness.

Conditions and Mind-based causes	
Ulcers	Something eating away at you, bitter, acidic thinking/feeling, pushing down, resentment in your responsibilities
<i>Calm thought</i>	I am allowing of life.
Warts	Anger due to an event that made you feel scared, extra-thick defence against singular event, feeling incapable, ugly
<i>Calm thought</i>	I am at peace with no need to protect.
Water retention	Relationship problems, sadness, overflowing with emotions, feeling stagnant, need for the new, not making the changes you know you need to make, holding back from being happy
<i>Calm thought</i>	I am in flow with my feelings and open to knowing how to be happy.
Weight gain	Unprotected, unsafe, unfamiliar and/or unfriendly environment(s), no control, hiding, withholding true feelings, unable to cope, loss of comfort, harsh self-speak that body needs to protect itself from, lack of self-love/acceptance
<i>Calm thought</i>	I am surrendering to how my delicious destiny is being revealed to me.
Weight loss	Dissatisfaction, unfed by life, undeserving of nourishment, cry for help, controlling, vulnerable, unresolved resistance to lack of support, unable to take what you need, unworthy, shame, 'It's my fault' mentality
<i>Calm thought</i>	I am nourished and deserving of the good in life.

Conditions and Mind-based causes	
Verrucas	Angry at self, guilt, something eating away at you, secret(s), needing to take action but letting fear stop you, feeling ungrounded due to the confusion arising from the multiple options available
<i>Calm thought</i>	I am at peace with myself and am willing to do what I know I need to do.
Viruses	External environmental issues (making you feel vulnerable, invaded, attacked, unfairly 'got at'), under pressure, scared and/or stuck, feeling unable to fight, unprotected, living in a state of high alert, inability to relax, inner unease
<i>Calm thought</i>	I am safe and protected and can keep calm amid challenging circumstances.
Voice loss	Unheard, what you say doesn't matter, powerless to make a positive difference, ignoring your inner voice, feeling unable to fully express your feelings
<i>Calm thought</i>	I am heard and know what I feel is important even if others don't appear to listen.
Yeast infections	Feeling invaded by other people's ideas, opinions or needs, ignoring own needs, lack of self-love and respect
<i>Calm thought</i>	I am able to think whatever I want.

TOP TIP: FREE ONLINE SUPPORT

An online version of this Conditions Directory is available at www.sandynewbigging.com/calmdirectory. A further four directories are also available in my book, *Body Calm*, including ones listing the common causes of issues relating to the Body Parts, Organs, Systems and Senses.



Next Steps

STRESS-FREE, SUPER-SUCCESSFUL LIVING

CALM CLAN

My Calm Clan is your online resource for meditation, holistic health, and living fully and freely. As a member you get unlimited access to 100+ hours of teaching videos, exclusive guided meditations and monthly live broadcasts with me, my team of Calmologists and guest experts. This is a great way to get the support you need in meditation and life. Start your 30-day free trial today.

www.calmclan.com

CALM ACADEMY

My Calm Academy offers a home-study certification course in Calmology, which is the combination of my Mind Calm, Body Calm and Calm Cure techniques. Millions of people crave more calm in their lives and are waiting to learn meditation and experience the Calm Cure from you! Train as a Calmologist with my Academy to study at home and change the world!

www.calmacademy.com

CALM RETREATS

I run retreats where you can enjoy the benefits of my Calmology principles and techniques. During a long weekend in the UK or a longer retreat at my international venues, you will have the opportunity to learn meditation from my team and me, which will help deepen your understanding and experience of the techniques.

CALM COURSES

I run one-day and weekend courses sharing the Calmology principles and techniques, including Mind Calm, Body Calm and Calm Cure. They are fun and also offer a deeper understanding and experience of what's been shared in this book.

ASCENSION COURSES

My original meditation technique is known as Ascension, as taught by the Ishayas of The Bright Path. I am an Ishaya Monk and qualified teacher of the Ascension techniques. I credit much of what I've learned about peace, freedom and conscious living to my Ascension practice and guidance from my Spiritual Teacher, M.K.I. I highly recommend you learn to 'ascend' if you have a desire to know what it means to be truly alive and would value a path that can help you to wake up and be free.

For more info about my retreats and courses, an online version of the Conditions Directory and additional free resources on the topics covered within this book, visit my website: **www.sandynewbigging.com**

ABOUT THE AUTHOR

Angie Peach Vasquez



Sandy C. Newbigging is the creator of the Mind Detox, Mind Calm, Body Calm and Calm Cure techniques – collectively known as Calmology. He has written several bestselling books, including *Heal the Hidden Cause*, *Life Detox*, *Mind Calm* and *Body Calm*. His work has been seen on a number of TV channels including Discovery Health.

To work with Sandy you can either join his Calm Clan membership site, train as a Calmologist via his Calm Academy or experience one-to-one coaching.

Sandy was recently commended by the Federation of Holistic Therapists as Tutor of the Year. He was called ‘The Mind Maestro’ by *Psychologies* magazine and described by *Yoga Magazine* as ‘one of the best meditation teachers around’. For more information about Sandy or to book him for a speaking event, please use the following contact details:



answers@sandynewbigging.com



sandycnewbigging



sandynewbigging



sandynewbigging

www.sandynewbigging.com



HAY HOUSE

Look within

Join the conversation about latest products,
events, exclusive offers and more.



Hay House UK



@HayHouseUK



@hayhouseuk



healyourlife.com

We'd love to hear from you!