



**BODY CALM**  
COACH TRAINING

## Introduction

Welcome to this Body Calm Coach Training Course from the award-winning Mind Detox Academy.

Stress is by far the biggest preventable cause of the majority of physical diseases and premature deaths on the planet. It has also been known for centuries that meditation is easily the most effective cure available for significantly reducing stress-related symptoms. Yet, despite these facts, there are still very few meditation techniques used to actively support the healing and health of the body.

With Body Calm, I want to do what I can to bring meditation and healing together as an ideal marriage made for health heaven.

Consisting of a life-changing philosophy, 8 common mind-based causes of bad health with quick start cures, the Body Calm meditation technique, Embodying Exercise and 5 comprehensive Directories. As a Body Calm Coach you will be fully equipped to help others use the mind-body connection to support the healing and continued health of the body. It is important and much needed work and I'm delighted that you have joined me on this Coach Training.

Keep calm and heal on!

Sandy C. Newbigging

Founder of the Mind Detox Academy  
Mind Detox, Mind Calm + Body Calm



## The 8 Body Calm Modules

- M1 Introduction to Body Calm (Talk)
- M2 Body Calm Philosophy (Talk)
- M3 Benefits of Meditation (Talk)
- M4 Body Calm Meditation Technique (Talk + Practical)
- M5 When the Body Heals (Talk)
- M6 Hidden Causes of Bad Health (Talk + Practical)
- M7 Embodying Exercise (Talk + Practical)
- M8 Coaching with the Directories (Talk + Practical)

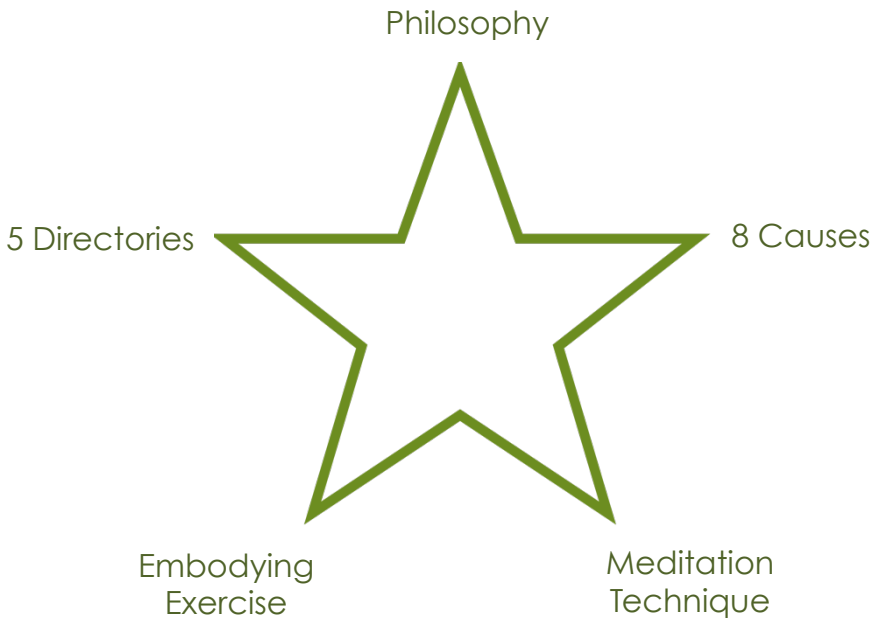
## Motivation to Meditate

### **What first motivated you to start meditating? Why Body Calm?**

Consider what you wanted to gain and what you wanted to let go of.

### **How have you benefited so far from meditating regularly?**

**WELCOME TO BODY CALM  
(Level 1)**



## M1 : Introduction to Body Calm

KEY TEACHING POINTS	COVERED	CLEARLY
Go home and get some rest. Few people know how to calm down, disengage from doing and just be.		
This inability to stop stressing stems from a number of subtle sources we are going to uncover + resolve.		
The habit of excessive thinking is one of the main causes. Due to mind-body connection, if you have a busy mind then your body has limited rest/recovery.		
Meditation techniques that stimulate the relaxation response have been used for centuries to decrease physiological stress and psychological distress. Body Calm gives your body the rest it needs to recover.		
We've been raised in a culture that goes to the doctor to get the body 'fixed'. Leading to an unhealthy dependency on doctors and a sense of powerlessness to heal without pharmaceutical.		
Body calm is the meditation technique that helps your body to heal. Use along-side modern-medicine and alternative approaches. No guarantees made!		
Body Calm also gives you 'peace with body. Vital because energy is lost when fighting physical form.		
Body Calm includes a philosophy, 8 causes of bad health + quick start cures, Meditation Technique, Embodying Exercise + 5 Directories listing causes.		

Comments + Feedback

**Pass Now or Later?**

Health = Holistic Harmony

The Purpose of Life is to Live Fully + Completely



Rest is Best + Harmony Heals

Coach Name

Client Name

## M2 : Body Calm Philosophy

KEY TEACHING POINTS	COVERED	CLEARLY
Health is more than the mere absence of disease. Health is a state of holistic harmony that enables you to meet your needs + achieve your life purpose.		
The purpose of life is to live fully + completely. Simple but profound because few people are.		
The purpose of Body Calm is to bring harmony within the heart, mind, body, soul and life circumstances.		
Stress is known for being bad for health. Stress is the result of disharmony, which leads to dis-ease.		
Stress is caused by conflict. Conflict is caused by the opposing forces of resistance + attachment.		
Stress is a symptom of conflict between what your mind wants + what your soul knows you need.		
Everything happens to help you achieve your life purpose – by inviting you to embody positive virtues.		
Imagine you have a person i-cloud of virtues, similar to the online storage service operated by Apple Inc.		
Events happen to encourage you to 'download' the relevant virtues into your mind and body. Leading to living fully and letting every event be complete.		
Ultimately, the Body Calm Philosophy can be summarized by: Rest is Best + Harmony Heals.		

Comments + Feedback

Pass Now or Later?





## M3 : Benefits of Meditation

KEY TEACHING POINTS	COVERED	CLEARLY
Meditation techniques like Body Calm that stimulate the relaxation response can provide health benefits.		
Stress has been found to lower the immune system, trigger inflammation, increase blood pressure, play a role in cardiovascular disease, digestive disorders, speed up the growth and spreading of certain cancers and interfere with sleep leading to insomnia.		
More heart attacks happen at 9am on a Monday morning than at any other time of the week!		
Thousands of scientific studies published with the benefits of meditation being shown as 'significant'.		
Meditation has been found to slow aging, relieve chronic pain, support cancer recovery, help insomnia.		
NOTE: Share 3 of your favorite scientific studies - see Health Benefits of Meditation article for suggestions.		
Other benefits include: calm + contentment, unconditional confidence, loving relationships, present moment living, perform at your best, get to know your real self + freedom for life.		
What do you want more than anything else? What would perfect health give you? Explore What/How		
Recommend remembering your personal goals from Body Calm so motivation is strong and steadfast.		

### Comments + Feedback

**1. Engage GAAWO**

Gently Alert Awareness Wide Open

**2. Think Body Calm Thought**

**3. Re-engage GAAWO**

(Rest being gently aware + repeating cycle when you notice tension in body or thinking)

---

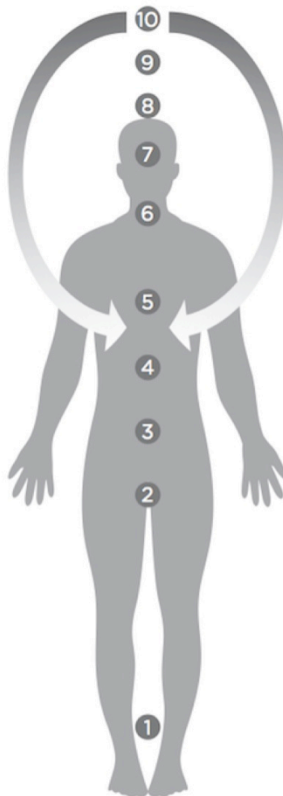
**COACH NOTES:**

For the first Body Calm Sitting, use 5 Steps:

- 1) Open-eye GAAWO
- 2) Closed-eye GAAWO
- 3) Construct the Calm Thought (3 elements)
- 4) Open-eye GAAWO with 1 Calm Thought
- 5) Closed-eye GAAWO with 1 Calm Thought

## I Am + Intention

I Am Healed  
 I Am Enough  
 I Am Worthy  
 I Am Free  
 I Am Kind  
 I Am Open  
 I Am Calm  
 I Am Strong  
 I Am Supported  
 I Am Secure



## Awareness Points

In the Entire Body  
 Far and Wide  
 Top of the Head  
 Forehead Centre  
 In the Throat  
 In the Heart  
 In the Solar Plexus  
 In the Navel  
 Base of the Spine  
 Soles of the Feet

## COACH NOTES:

- 1) Teach purpose of each CT (see article)
- 2) Guide through complete Calm Sitting
- 3) Always end every BC Sitting thinking I AM HEALED x 3 (allowing yourself to feel + embody it).

Coach Name

Client Name

## T4 : Body Calm Meditation Technique

KEY TEACHING POINTS	COVERED	CLEARLY
Body Calm Meditation is a daily practice for giving the body rest, being consciously aware + improving the communications between mind + body.		
'CALM' stands for 'Conscious Awareness Life Meditation'. It brings 'Peace with Mind + Body + Life'.		
Step 1) Engage GAAWO. Gently Alert Awareness Wide Open. Let's do it now (Open then Closed Eye)		
Step 2) Think Body Calm Thought. Each have 3 parts: I AM + POSITIVE INTENTION + AWARENESS POINT.		
I AM most powerful 2 words. Unconditioned consciousness, unbounded being + infinite awareness. Who You Are. Align with pure potential.		
We marry I AM up with a series of positive intentions to encourage the mind to form healthier beliefs + help you to be in harmonious states more often.		
Awareness Points magnify the power of the CT. Some link with Chakras. All are symbolic and appealing to the mind-body connection to help healing + health.		
Teach I AM CALM (In the Solar Plexus). Use open-eyed GAAWO + CT then closed-eye + CT (All 3 Steps)		
NOTES: Cover Calm Sitzings + Moments. Meditate with 1 CT before teaching all 10 CTs. End BC Sitting thinking I AM HEALED x 3 (feeling + embodying it).		

### Comments + Feedback

Pass Now or Later?

1. Memories
2. Dreams
3. Busy Mind
4. Emotions
5. Body Stuff
6. Sleeps and Meeps
7. Calm and Contentment
8. Still, Silent Spaciousness



**COACH NOTES:**

Meditation Mind-Set : Childlike Curiosity + Keep GAAOWing

## M5 : When the Body Heals

KEY TEACHING POINTS	COVERED	CLEARLY
Continuing uninformed of the healing-side-effects of meditation = frustrated, disheartened + quitting.		
Meditation gives the body the long-awaited + well-deserved rest it needs to let go of stress + heal.		
When the mind becomes still, the body relaxes. When the body rests it heals. Healing is an active process. Due to the mind-body connection, healing activity causes activity in the mind + body.		
8 Meditation Happenings: Memories, Dreams, Busy Mind, Emotions, Body Stuff, Sleep/Meeps, Calm + Contentment, Still, Silent, Spaciousness		
NOTES: Be able to explain each 'happening' – See 'When the Body Heals' article for suggestions.		
When the body recalibrates – If you have a big positive shift, your body can sometimes need to recalibrate to house higher levels of consciousness. This can lead to physical symptoms – ache, pain, etc.		
Symptoms like these usually pass speedily. If you ever become concerned – contact your doctor as it may not be because of the recalibration activity.		
Meditation Mind-Set = Childlike Curiosity + Keep GAAOWING. Be open to whatever happens + keep meditating even if at first you don't see physical changes. This mind-set gives momentum.		

Comments + Feedback

**Pass Now or Later?**

1. Unconscious **Thinking**
2. Uncomfortable **Emotions**
3. Unhealthy **Beliefs**
4. Unresolved **Past**
5. Unwanted **Present**
6. Unloved **Body**
7. Unheard **Heart**
8. Unawake **Being**

---

### COACH NOTES:

- \* Be able to give overview of main points of each cause.
- \* Be able to guide people through quick-start cures.
- \* During a one-day class, it works to share a couple at a time throughout the day.



Coach Name

Client Name

## M6 : Hidden Causes of Bad health

KEY TEACHING POINTS	COVERED	CLEARLY
More research + information is available on what physical conditions are than why they are happening.		
Modern medicine treats the body as separate from the mind. Physical issues must have physical causes.		
19 <sup>th</sup> century, French chemist, Louis Pasteur, Germ Theory of Disease. Microorganisms invade + cause disease. Medical profession accepted theory. Later, Louis said theory was wrong. Fires + Firemen! Must be underlying reason that was already present.		
The mind + body are connected. Monitor what happens in your body when you think certain things.		
Stress is known as being the cause of illness, but stress is caused by conflict : resistance + attachment.		
These 8 sources of stress are the different ways that you can unintentionally create inner conflict. By clearing the conflict, harmony is restored and health and happiness becomes your natural way to be.		
The mind-based causes include Unconscious Thinking, Uncomfortable Emotions, Unhealthy Beliefs, Unresolved Past, Unwanted Present, Unloved Body, Unheard Heart + Unawake Being		
NOTES: You need to be able to give an overview of each common cause and share the quick-start cures. See Common Causes of Bad Health Article.		

Comments + Feedback

Pass Now or Later?



Acceptance, security, faith, truth, contentment, understanding, strength, surrender, harmony, certainty, confidence, wholeness, togetherness, worthiness, freedom, wisdom, openness, equality, power, service, trust, goodness etc.

## STEP 1: **BE CONTEXT AWARE**

**1.1** Engage GAAWO (or be aware of space in the room).

## STEP 2: **FEEL WITH AWARENESS**

**2.1** *What does this condition (or situation) feel like to experience? \**

**2.2** *Where has this feeling or experience shown up in your life?*

## STEP 3: **CLEAR THE CONFLICT**

**3.1** *Be aware of and feel for resistance within the event.*

**3.2** *While continuing to feel the resistance, become aware of the attachment that is connected to this resistance and feel the attachment too.*

**3.3** *Bring the resistance + attachment together to feel them as one experience.*

**3.4** *Feel for the outer edges of the R + A within one feeling. Notice what that is like.*

## STEP 4: **EMBODY THE VIRTUE**

**4.1** *What virtue is most appropriate for this experience?*

**4.2** *Feel what the virtue feels like + what you feel like as the virtue.*

**4.3** *Feel what the virtue feels like without attaching to anything.*

**4.4** *Be the virtue, letting it permeate you. This is what it feels like to embody the virtue.*

\* This may come from Directories. If so, then still start at 1 but go straight to 2.2

Coach Name

Client Name

## M7 : Embodying Exercise (EE)

KEY TEACHING POINTS	COVERED	CLEARLY
EE uses awareness + feeling to harness the power of the mind-body connection + calm consciousness to bring harmony, healing, health + happiness.		
EE is used on physical conditions + stressful life situations. Clears conflict by embodying +ve virtues		
NOT thinking process. MUST feel with awareness to embody. Otherwise it will be 'heady' not 'embodying'		
3 Distinctions : 1) Awareness + Attention 2) Feel + Feelings, 3) Experiencing + Thinking. "Experiencing is feeling with your awareness without any definition, judgments or descriptions of what you are feeling."		
AIM: Rest into the powerful presence of your aware Self + embody the virtues that life is inviting you to step up and wake up into being.		
EE STEPS: 1) Be Context Aware 2) Feel with Awareness 3) Clear the Conflict 4) Embody the Virtue		
EE STEP 2: Use words that describe what the condition/situation feels like to experience.		
EE STEP 3: No need to know what you are resisting + attached to (makes you think). Only FEEL the R+A.		
EE Step 4: Takes no time or effort to be and feel the virtues, when experienced through awareness.		
NOTES: See Embodying Calm Article for supporting information, steps in details, script and case studies.		

### Comments + Feedback

**Pass Now or Later?**

Coach Name

Client Name

## M8 : Coaching with the Body Calm Directories

KEY TEACHING POINTS	COVERED	CLEARLY
The body is a brilliant barometer as to what is in and out of harmony in your mind, emotions ,soul + life.		
There is much that can be learnt from the body for those who are able to understand it's many meaningful messages.		
The body speaks both the mind + soul in symbolic ways. Perfectly reflecting your relationship with life.		
The body tends to present symptoms in areas of the body that serve particular purposes.		
We are more interested in the function of the body parts, organs etc. + how the condition feels to you.		
There are 5 directories – Body Areas, Organs, 12 Systems, 5 Senses and 101 Physical Conditions.		
BODY DIRECTORY - Right side of the body is linked with masculine: giving, moving, manifesting + doing. The left side is linked with feminine: receiving, stillness, being and inner self.		
To coach with the directories, aim to help the client find their own mind-based cause(s)+/or use the directory listings and then use the EE. The EE can be used on beliefs + stressful life situations too.		
See the Body Calm Directories article for full listings.		

Comments + Feedback

Pass Now or Later?



**BODY CALM  
AGENDAS**

## Body Calm Talks, Classes + Coaching

---

### Introductory Talk

**BODY CALM : MEDITATION FOR HEALTH + HEALING** (RRP. Free - £10-20)

This is the introductory talk for anyone interested in possibly learning Body Calm.

---

### Class

**BODY CALM : MEDITATION CLASS** (RRP. £45 - £65)

This can also be called 'Body Calm Meditation'. This is the day class or series of short classes for anyone wanting to learn and practice MCM.

---

### Coaching

**BODY CALM COACHING** (RRP. £225-£345 for 4)

This is the 1-to-1 coaching for people wanting taught how to meditate one-to-one and experience the Embodying Exercise on specific conditions and stressful life situations. Recommended to be provided via a package over 4 weeks or longer.

Recommended Retail Price + Subject to Change.

# Body Calm Introductory Talk – Marketing

## **BODY CALM : Meditation for Health & Healing**

### **ALTERNATIVE TALK TITLES**

- Introduction to Body Calm Meditation
- Meditate Your Way to Health and Happiness
- Stop Stressing, Start Meditating
- The Mind-Body Connection Meditation Technique
- The Powerful Meditation Technique that Helps Your Body Heal

### **MARKETING CONTENT**

Do you have a physical condition or want to stay healthy? Do you think there might be a mind-based cause to your physical conditions? Or are you interested in using meditation to reduce stress and enjoy better health and happiness?

Body Calm introduces you to a powerful new way to meditate that uses the mind-body connection to help your body heal. It gives your body the rest it needs to recover and remain healthy while bringing about greater harmony within your heart, mind, body, soul and life. Join me for this talk to discover:

- The research that proves meditation is essential for self-healing, staying healthy and even living longer
- The secret sources of stress and bad health and unhappiness
- Quick-start cures for reducing stress and increasing serenity
- How to calm your mind to let your body rest and enjoy radiant health.

With the Body Calm Meditation technique for daily practice and Embodying Exercise for resolving specific issues, you will leave this talk feeling positive about the how you can enjoy a calmer mind and a condition-free body.

### **COACH NOTES**

You can use this for printed marketing materials. Please use the above as inspiration and adapt it for any online marketing because Google does not like duplicate content across multiple websites.



## Body Calm Introductory Talk – Agenda

Share why you started meditating + how you've benefited

M1. Introduction to Body Calm

M2. Body Calm Philosophy

M3. Benefits of Meditation

M6. Hidden Cause of Bad Health 1 (Unconscious Thinking)

Guide the person/group through GAAWO and explain it is step 1 of Body Calm and they will learn the complete meditation technique during day class/ coaching package. Also mention that if a person wants to learn and experience the Embodying Exercise then they can do one-to-one coaching or do the Embodying Calm class.

(If you are asked to do a longer Introductory Talk, then feel free to talk about more of the Hidden Causes of Bad Health.)

Allow time for questions at the end of your Introductory Talk.

Timings – 45 – 60 minutes

Price – Free - £10-£20 (Bring a Friend for Free - Optional)

Promotional Offer - £10 off Body Calm 1-Day Class

Prize Draw (Optional) – FREE Body Calm book +/- album.

---

### **COACH NOTES**

It is useful to ask why the person/people came to your talk.

Then tailor it to make sure they get what they came for.

Remember, you are not making any health or healing claims.

Body Calm is intended to be used along-side other modalities.

## Body Calm : Meditation Class – Marketing

### **BODY CALM : Meditation Class**

*The Meditation Technique that Helps Your Body Heal & Stay Healthy*

#### **MARKETING CONTENT**

Welcome to the amazing self-healing meditation technique that your body has been waiting for. This day-class is ideal for you if you want to reduce stress and have a physical condition or want to use meditation to stay fit and healthy.

Body Calm introduces you to a powerful new way to meditate that uses the mind-body connection to encourage enhanced health and happiness. The technique gives your body the rest it needs to recover while bringing about greater harmony within your heart, mind, body, soul and life circumstances. During this life-changing one-day class you will learn:

- The philosophy at the heart of Body Calm and how applying it to your own life to self-heal, stay healthy and be happier.
- The research that proves meditation is essential for self-healing, staying healthy and even living longer
- The seven secret sources of stress and bad health
- Quick-start cures for reducing stress and increasing serenity
- The complete Body Calm Meditation Technique that is enjoyable and can be used with your eyes open and closed
- What happens when you meditate and why so you can be confident it is working and ensure your motivation to meditate is strong and steadfast.

Stress is regarded as being the main cause of physical conditions and meditation is known for being the best cure to stress. Body Calm is essential for anyone interested in incorporating meditation into an integrative health strategy that supports both a happier mind and a condition-free body.

#### **COACH NOTES**

You can use this for printed marketing materials. Please use the above as inspiration and adapt it for any online marketing because Google does not like duplicate content across multiple websites.

# Body Calm : Meditation Class – Agenda

## **Session 1** - 10:00 – 11:30

Why you started using Body Calm + How you've benefited

- M1. Introduction to Body Calm
- M2. The Body Calm Philosophy
- M3. Benefits of Meditation
- M6. Body Calm Begins with Mind Calm (Unconscious Thinking + GAAWO)

## **Break** - 11.30 – 11.45

## **Session 2** - 11:45 – 13:00

- M4. The Body Calm Meditation Technique
- P1. Talk the group through the 5-Steps (meditate using I AM CALM only)
- M6. If time available, give overview of more Hidden Causes of Bad Health

## **Lunch** - 13:30 – 14:30

## **Session 3** - 14:30 – 15:45

- M5. When the Body Heals (Meditation Happenings + Mind-set)
- P2. Practice Body Calm Meditation (Introducing more Calm Thoughts)

## **Break** - 15:45 – 16:00

## **Session 4** - 16:00 – 17:00

- M6. If time available, give overview of more Hidden Causes of Bad Health
- M7. If time + group ready, give an overview of the Embodying Exercise
- P1. Practice Body Calm Meditation in Group (Introducing all CT)

What happens next? 8-Week Challenge, Calm Gathering, Coach Training, Book(s).

Timings – 10:00 – 17:00

Recommended Price – £45-£65

(Bring a Friend for Free or for £5 - Optional)

Includes – Repeat with a Friend for Free

+ Free entry to first Calm Gathering (Optional)

Offer 1-to-1 Body Calm Coaching for anyone keen to in Embodying Calm.

## **COACH NOTES**

Use a whiteboard or flipchart during your workshop to provide visual support.  
Print and hand out the recommended Body Calm Class Manual.

## Body Calm Coaching – Marketing

### **BODY CALM COACHING**

#### **MARKETING CONTENT**

Welcome to the amazing self-healing meditation technique that your body has been waiting for. You want to experience one-to-one Body Calm Coaching with me if you want to explore the possible mind-based causes of any physical condition(s) you may have or want to use meditation to reduce stress and stay fit and healthy.

Body Calm introduces you to a powerful way to meditate that uses the mind-body connection to encourage enhanced health and happiness. The technique gives your body the rest it needs to recover while bringing about greater harmony within your heart, mind, body, soul and life circumstances. During this life-changing coaching 4-part package we will explore:

- The philosophy at the heart of Body Calm and how applying it to your own life can help you to self-heal, stay healthy and be happier.
- The seven secret sources of stress and bad health and unhappiness
- Quick-start cures for reducing stress and increasing serenity
- The complete Body Calm Meditation Technique that is enjoyable and can be used with your eyes open and closed
- What happens when you meditate and why so you can be confident it is working and ensure your motivation to meditate is strong and steadfast.
- The Embodying Exercise for resolving specific physical conditions and stressful life circumstances so that your body is better able to heal.

Stress is regarded as being the main cause of physical conditions and meditation is known for being the best cure to stress. Body Calm Coaching is essential for anyone wanting to incorporate meditation into an integrative health strategy that supports both a happier mind and a condition-free body.

#### **COACH NOTES**

You can use this for printed marketing materials. Please use the above as inspiration and adapt it for any online marketing because Google does not like duplicate content across multiple websites.

# Body Calm Coaching – Agenda

## **Session 1** – (Week 1)

What do you want to gain/let go of with Body Calm Coaching?

- M1. Introduction to Body Calm
- M2. The Body Calm Philosophy
- M3. Benefits of Meditation
- M6. Body Calm Begins with Mind Calm (Unconscious Thinking + GAAWO)
- M4. The Body Calm Meditation Technique (using I AM CALM only or relevant CT)

## **Session 2** – (Week 2)

- M5. When the Body Heals (Meditation Happenings + Mind-set)
- P1. Practice Body Calm Meditation (Introducing all Calm Thoughts)

## **Session 3** – (Week 3)

- M7. Embodying Exercise
- C1. Use Embodying Exercise on physical conditions/stressful situations
- M6. If relevant, give overview of Hidden Causes of Bad Health + quick start cures
- P.2 Practice Body Calm Meditation (using all Calm Thoughts to close session)

## **Session 4** – (Week 4)

- M6. If relevant, give overview of Hidden Causes of Bad Health + quick start cures
- C2. Use Embodying Exercise on physical conditions/stressful situations
- P2. Practice Body Calm Meditation (using all Calm Thoughts to close session)

What happens next? If more to do then book next package. 8-Week Challenge, Calm Gathering, Coach Training, Book(s).

Timings – 60-90 minutes per session

Recommended Price – £225-£345 for package of 4 sessions

Include the Body Calm Level 1 Course in Coaching Package (offset against fees)

## **COACH NOTES**

Encourage your coaching clients to be using the EE on what you work on and if they feel confident, on anything that comes up between sessions.

Remind clients that it is to be used more than once. Repetition reaps rewards!

## Body Calm Coach – Exam

- Q1. What are the 5 components included in the complete Body Calm Technique?
- Q2. What is the Body Calm Philosophy and what 6 words best summarize it?
- Q3. Why is stress not the ultimate cause of problems and what is?
- Q4. Why does body calm begin with mind calm and being consciously aware?
- Q5. List some health benefit linked to the 'relaxation response' and give an overview of 3 scientific studies proving the benefits of meditation.
- Q6. Why is it useful to aim for non-physical benefits i.e. hearts highest hope?
- Q7. What are the steps included in the Body Calm Meditation Technique?
- Q8. What are the 3 components of a Calm Thought and why do we think them?
- Q9. Briefly explain their purpose/benefit of four of the Calm Thoughts.
- Q10. List the 5-Steps to take people through when first teaching meditation.
- Q11. What are the common meditation happenings and why do they happen?
- Q12. List the 8 common causes of bad health (also known as: secret sources of stress) along with their associated quick-start cures.
- Q13. What 2 shifts in awareness can help a person to 'befriend their body' and what 3 shifts in awareness can help a person to 'befriend their feelings'?
- Q14. What are the 3 distinctions that must be adhered to when using the Embodying Exercise and why are they so important?
- Q15. What are the steps included in the Embodying Exercise?
- Q16. For the Body Directory, what do the different sides of the body relate to?
- Q17. Why is Body Calm more about resolving and embodying than releasing?
- Q18. How would you coach someone with a problematic right ankle?
- Q19. How would you coach someone with a digestion problem?
- Q20. How would you coach someone with symptoms of chronic pain?

Bonus Question. Why do you want to be a Body Calm Coach?

### **COACH NOTES**

Answer these question in a word document and then copy and paste them into the online form at [www.thecalmacademy.com/submissions](http://www.thecalmacademy.com/submissions).

## Body Calm – Case Studies

There are two options available for your Body Calm case studies and certification:

### **BODY CALM COACH CERTIFICATE**

You can opt to do 5 case studies (focusing on Modules 1-6) to receive your Body Calm Coach certificate. This certificate enables you to share the main Body Calm theory, teach the meditation technique, coach others on what happens when they meditate (and why) and also share the 8 common causes of bad health and quick-start cures. In essence, you are able to do the equivalent as you can as a Mind Calm Coach. For these 5 case studies, 2 of them should be you teaching the Body Calm meditation technique and 3 should be delivering other modules from the course (excluding modules 7+8). Case studies are to be 2-3 concise paragraphs of up to 400 words each.

#### **Things to include for your Body Calm Coach case study summaries:**

- Modules covered (for instance, 'Benefits of Meditation')
- The personal story (or stories) and/or example(s) you shared (if relevant)
- The question(s) you were asked and the responses you offered the client.
- The part(s) of the Body Calm talk that you found challenging and why.
- The main learning(s) you took from doing the case study and what you will do differently next time.

### **BODY CALM COACH+ CERTIFICATE**

You can also opt to do 5 additional case studies (focusing on Modules 7+8) to receive your Body Calm Coach+ certificate. This certificate enables you to do all of the above plus the Embodying Exercise and coaching with the Body Calm Directories. We offer two certificates to make it possible for people to graduate as Body Calm Coaches without attending a live class. However, to effectively do the Embodying Exercise and coach with the directories, it is necessary for you to attend a live course to ensure that you experience it yourself and understand how to share it with others. For these 5 case studies, 2 of them should be you teaching and guiding people through the Embodying Exercise and 3 should be using the Embodying Exercise alongside the Body Calm Directories.

#### **Things to include for your Body Calm Coach+ case study summaries:**

- What was the presenting problem of your client?
- How did you go about coaching them? EE only? Directories? Hidden Causes? Other Body Calm teachings or techniques used?
- When using EE, what did your client discover? What was the event or experience they worked on? What were they resisting and/or attached to? What was the virtue(s) that the client embodied? Did they find any part of the process difficult? What did you do to help them through it? Did you work on more than one event or experience during the same session? What was the end result/feedback?

### **COACH NOTES**

It is recommended you write up your case study summaries in a word document and then copy and paste them into the online form at [www.thecalmacademy.com/submissions](http://www.thecalmacademy.com/submissions).

## Body Calm – Modules Tracker

MODULES / TALKS + AGENDA'S REQUIRED TO BE A MIND CALM COACH	PEERS PERCIEVED PASSED	INNER KNOWING PASSED
1. Introduction to Body Calm		
2. Body Calm Philosophy		
3. Benefits of Meditation		
4. Body Calm Meditation Technique		
5. When the Body Heals		
6. Common Causes of Bad Health		
7. Embodying Exercise		
8. Coaching with the Directories		
AGENDAS		
Introductory Talk		
Body Calm Meditation : 1-Day Class		
Embodying Calm :1-Day Experiential Class		
Body Calm Coaching		
Embodying Calm – Experiential Day		

I have successfully completed the above talks and confirm that I am aware of the agenda's for delivering the course materials.

\_\_\_\_\_  
COACH NAME

\_\_\_\_\_  
SIGNATURE

Please print, tick all of the above boxes & sign this form to agree that you have completed the course materials. Take photo or scan and email to [support@mindcalm.com](mailto:support@mindcalm.com).





## Notes



## Notes



# Notes





