

Mind Calm Games

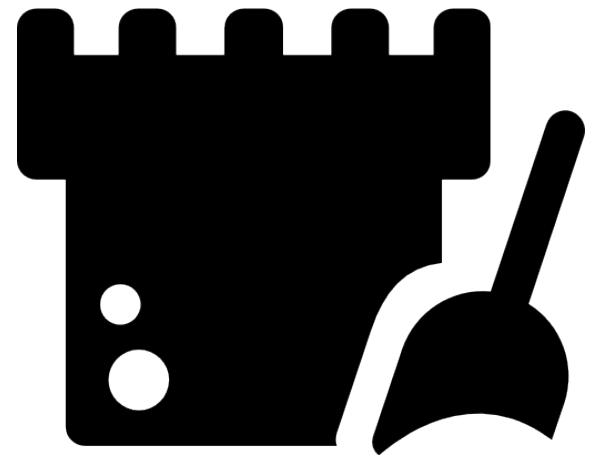
Practice Peace



Mind Calm Games

These games help you to strengthen your 'attention muscle', cultivate 'context awareness' and be still now.

1. **Reality Check:** *For being here now*
2. **Counting Thoughts:** *For when you're lost in your mind*
3. **Notice the Now Space:** *For being context aware*
4. **Heart Watching:** *For conscious connections*
5. **Inward Gazing:** *For moving your attention inward*
6. **Noticing Nirvana:** *For knowing all is well*
7. **Silence Speaks:** *For tuning into inner silence*
8. **Enlightened Eye:** *For honing one-pointed focus*
9. **Resonance Revolution:** *For exploring the context of life*
10. **Air Aware:** *For being clear and here*



3 Golden Rules

For the best results from these games, play by the 3 golden rules:

1. Play with it

When you were a child you played. You were curious, explored and didn't give up at the first hurdle. Growing into adulthood, we often forget how to play and get caught in the trap of trying to get it right first time. We can lose interest or give up, if we don't get the results we want or aren't immediately perfect at it. We can talk ourselves out of things before we even begin! For the best results, play with games. Follow the instructions, see what happens, jump higher than any judgements about it not working and keep playing.

2. Don't think about it

These games are designed to take you beyond the thinking mind. If you are thinking **about** it then you will be in your mind and end up one step removed from the **experience** of awareness. Recognise the difference between 'thinking about' the game and 'engaging'.

3. You can never do it later

You can only ever do the game now. It can be used anytime, anywhere. Be aware if you're postponing/planning to do it 'later'.

TOP TIP

Always make sure you share these 3 Golden Rules whenever first teaching a person any of the games. Give them a quick reminder of the rules before each time you teach a new game – if any of the games 'aren't working' it is because they aren't playing by the rules.

Mind Calm Games

Reality Check

For being here now

The more you are in the moment the less you are in your mind and the quieter it naturally becomes.

Visual: Notice an object that is currently in your field of vision that you were unaware of previously.

Audio: Notice a sound that is currently occurring in your proximity that you were unaware of previously.

Touch: Notice something that you are physically touching that you were unaware of previously.

Becoming attentive to these new visual, auditory and kinaesthetic things in your immediate environment causes your mind to become calm.

TOP TIP

You are not asking someone to look around at 'stuff'. You are inviting them to notice what is *already* there (in their field of vision). This game invites an inner shift of attention and a heightened level of 'attentiveness' – which causes the person to be more present and in turn, experience the presence of the present moment.

Mind Calm Games

Counting Thoughts

For when you're lost in thinking

By counting your thoughts you create space between you and your thoughts and rest back into the observer.

1. In a moment I'm going to ask you to count your thoughts. You may have a thought about the exercise. Count it. You may have a thought about earlier or what you need to do later. Count them. You may have the thought that you aren't having any thoughts. Count it. Close your eyes and begin counting your thoughts. (Wait 30 seconds)
2. Slowly open your eyes. How many did you count? It doesn't matter if you had 3 or 30 thoughts, the main thing is you had more than one, which means you have thoughts, but you are not your thoughts. You are the permanent observer that's aware of your thoughts.

TOP TIP

Let your client know that it is not a competition to have less thoughts. If a new client counts a very small amount, then it usually means they are not yet able to see all of their thoughts - so they may need guidance in knowing what a thought is (i.e. the voice in their head and awareness of a sound are thoughts, for example).

Mind Calm Games

Notice the Now Space

For being context aware

See the context of still silent space.

1. Notice your left shoulder
2. Notice your right foot
3. Notice the space between you and I
4. Notice the space around me
5. Notice the space in the entire room

As you notice the space in the entire room, give me a word or two that describes your inner experience as you notice the space in the entire room?

6. Notice that this moment is happening

TOP TIP

For steps 3, 4 and 5 it can be helpful to say: 'Don't try to see the space, it is invisible, just notice the space...'. As with all of the games, make sure YOU are engaging it as you guide the other person through it. Once a client has done it correctly with you, invite them to play with this game in their daily life – when having a conversation, making a cup of tea etc. This is a great game to do after delivering M8 or M9.

Mind Calm Games

Heart Watching

For conscious connections.

Look out at life from your heart-eye

Although your eyes are clearly on your face, this game invites you to notice what it is also like to look out from your heart-centre.

1. As you continue to look ahead, notice what it is like to 'drop your attention down' so that you are not only looking out from the eyes on your face but also looking out from your heart centre.
2. Continuing to be attentive in this way, how would you describe your inner experience?

TOP TIP

It is useful to include hand gestures when teaching this game - so the person is clear on the instructions. With your palm facing outwards, starting at the heart centre, move your hand forwards to show you genuinely want them to 'look out from their heart'. Some clients think you just want them to 'be aware of their heart'. This is not the game, so clarify.

Mind Calm Games

Inward Gazing

For moving your attention inward

Be inwardly attentive towards your heart

1. Find something outside and in front of you that you can use as an external point of focus.
2. Then, while maintaining some attention outwards on that external point of reference, pretend that you have double-sided eyes and look back, in and down towards your heart area.
3. As you do this, notice what happens to your thoughts. Do they quieten? Do you become aware of a stillness within you now??

Top Tip: You can also use this game on emotions!

TOP TIP

This game is not about 'feeling' the heart. It is about being inwardly attentive *towards* the heart. Steps when used on emotions:

- 1) Name emotion
- 2) Locate emotion
- 3) Colour emotion
- 4) Watch emotion

The client will report the energy 'dissolving' and eventually 'dispersing'. This game should be used to help improve the relationship *with* their emotions and not to manipulate emotions.

Mind Calm Games

Noticing Nirvana

For knowing all is well

Play with the notion that nothing is wrong

The belief that there is something wrong is a major hidden source of angst and over-thinking.

1. Imagine that you can reach inside your mind and pull out the belief that something is wrong. That's right, like magic, the belief that there is something wrong with your body, your life or your world is 100% removed from your mind.
2. What's left? Genuinely, try that experience on for a few moments and notice what it is like.

TOP TIP

Almost all human beings live with the subtle belief that 'there is something wrong'. This filter causes them to perceive reality through a lens of 'wrongness' and as a result perceive 'problems'. Playing with not having this belief causes the client to report that they feel 'relief', 'peace', 'happiness' and/or 'freedom'. They report their mind is calm (because there is very little to think about when nothing is wrong).

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Silence Speaks

For tuning into inner silence

Be aware of the silence that allowing sound

1. One of the easiest places to locate the silence is within your ears. Take your attention to any sound you can hear right now and gently begin to notice that there is an inner silence that enables you to hear it.
2. Focus less on what you can hear. Instead, turn your attention to the one within you that is listening. Gently be aware of the listener within to find the presence of the present moment listener.
3. Another way of noticing silence is to locate your attention at the centre of your skull, then slowly move your attention outwards towards your ears.

TOP TIP

The more anyone finds and focuses on inner silence, the more they get to know their Real Self. It has been said that 'silence is golden' and it is so true. Silence is the source of peace. Silence is the source of life itself. Until we know the silence within we do not know who we are or experience the true underlying nature of reality and life. It's very important.

Mind Calm Games

Enlightened Eye

For honing one-pointed focus

Look out from the centre of your skull

Instead of having all of your attention outwards on stuff and movement, move your attention inwards to look out from the centre of your skull.

1. The Enlightened Eye exercise requires you to notice what it is like to look out from the centre of your skull.
2. To do this, pretend that your eyes have magically moved backwards and you can look out from further back in your skull. As you do, notice if your mind becomes quieter and you become aware of the silent watcher within.

TOP TIP

The enlightened eye is a gateway that leads within to inner realms of still space and higher consciousness. To master everything on offer from meditation it is vital to cultivate one-pointed focus – so we are less scattered with our attention and able to maintain attentiveness without strain or effort.

Mind Calm Games

Resonance Revolution

For exploring the context of life

Rest within the still silent presence of life

A more advanced and subtle technique. Still silence resides within everything in physical existence.

1. Take time and attention to look at inanimate objects with the intention of tuning in and noticing the still silence residing within them.
2. Decide what object you wish consciously to explore and look at it. As you do, intend to notice its inherent stillness. It is still and sitting within stillness. Even if it is moving, there is still a stillness to it, if you are open to seeing.
3. Look without labelling and just be with the object fully. Feel its presence and notice your own.

TOP TIP

Everything is inherently still and silent and only appears to move or make noise. To become present and attentive enough to notice the still silent resonance of objects and life is to begin to see with fresh eyes the underlying nature of reality. In doing so you can discover the underlying unifying nature of your Real Self.

Mind Calm Games

Air Aware

For being clear and here

Rest in the still presence of life

How many eyes would you say you are looking out of? You see two eyes when you look in a mirror and other people see two eyes when they look at you. But, how many do you see out of from your own point of view? 'I am looking out from one eye.'

1. To be air aware is to pretend that you have nothing above your shoulders except for one big eye.
2. Play with what it's like to look out at the world from one eye, floating in still silent space. Doing so helps to quieten the mind and reconnect you with your Self - unbounded conscious awareness.

TOP TIP

We look out at life from a frameless window of pure awareness. Some spiritual teachers refer to it as 'God'. I like to call it the 'Infinite I'. This is a super powerful game for learning to live free from the illusion of carrying around our self-image and baggage everywhere we go. You can experience an empty fullness and perfectly pure and infinite potential.