



The High Performance Mind

An e-Book by John Toomey

“The High Performance Mind is free of the shackles of fear, worry, the search for security and the trepidation of what the future may hold. It trusts the ebb and flow of the universe and knows that all the answers are already there but visible only to the open heart and the uncluttered mind.”

“Time is not a thing you have lost. It is not a thing you ever had. It is what you live in. You can drift in its current, or you can try to swim against it.”

The Human Mind

Do you understand your mind? What is it? Is it simply your brain, or is it something more complex, more expansive or more mysterious? Your mind exists on three levels. They are:

The Conscious Mind – This can best be described as your current thought patterns, decision making and information processing centre. Most of us relate it to our brain. This is the mind that is in control.

The Subconscious Mind – On a deeper level, it contains all our memories and a record of all we have seen, heard, felt and sensed in our lives. This information is stored throughout the cells of the body, not just in the brain. This has been proven scientifically by cases like the little girl who had a heart transplant and experienced the memories of the heart donor. Many cases of this are depicted in the book “The Heart Math Solution” by Doc Childre and Howard Martin.

The Universal Consciousness – Whether you like it or not, you are tuned into the Universe. Just like a Mobile phone can transmit across the planet with no wires, you too can transmit and receive. It is often hard to accept this and often easier to deny it. But again, gut instincts, de-ja-vu, synchronicity, dreams that come true and many other events are living proof.

Remember that you are simply a bunch of atoms, vibrating together to create a large form of energy. You know that you are 99.9999% energy. Close your eyes for a moment and imagine yourself, not as a human form, but as a mass of energy the shape of a football. See yourself as being a bright, energetic light that is moving around. What happens when you come into contact with other energy forms, like other humans or even plants or animals? Do the forms meet with a sharing of their energy? If so, do you think that there is a possible path for unspoken communication between them?

Now look at the air around the figures. It too is a bright missed of energy because it too is made of atoms. Can you see the possibility of communication across that medium, a transfer of some sort of wave of energy?

As the old American Indian Chief, Chief Sielth (Seattle), Chief of the Duwamish People, said “All things are Connected.” You are connected to all things, people, plants, animals, the oceans, the earth, the mountains, the atmosphere.

You are connected because you are a part of the Universe, the Universal Mind or the Universal Consciousness.

The first step is to eradicate from your mind all notion of yourself that has to do with where you live, where you were born, what you have done, and what your circumstances have been. We ask you to concentrate on only one thing and that is the spirit within you.

This real you, this conscious hidden intelligence that exists behind your eyes, is timeless, formless and built from all the glory and magnificence that ever was. It is not a name or a job or a home; indeed it has nothing to do with circumstance or situation. The plain fact is that you exist. Dwell on that, nothing more.”

The Lock between the Conscious Mind and the Subconscious

Most of the time we are so consumed by the noise in the Conscious Mind that we cannot take advantage of the Universal Mind or to draw from the experience stored in the Subconscious mind.

Further, we have events stored in our subconscious that we fear. These events are painful experiences in our past that caused us great hurt. We fear this hurt so we do not allow our conscious mind to go there. We have “blocked” all or part of the event out.

These events can be called negative prompters because they shape our thinking and our behavior. They influence our responses to many situations. We fear visiting these “negative prompters” to gain closure around them. They were placed there by our conscious mind and they prevent us from allowing ourselves to drop back into the subconscious to draw upon the experience, knowledge and wisdom stored there.

For healthy and functional operation of the mind, we must work to open this lock. Fear is the enemy that prevents us from doing so. But, once we do open this lock and drop down deep into the subconscious, we are then free to draw on its wisdom.

The added advantage is that we open ourselves up the Universal Mind and begin to send and receive communications

If we can still the mind, we can open up a whole new world. When our minds race, we are disconnected from the subconscious and the universe. If this happens, we disconnect ourselves from our deepest wisdom and all of our intuition.

You may have seen the extraordinary work of the Hypnotist who’s craft simply involves switching off the Conscious Mind and removing the control the Conscious Mind has over the Subconscious.

Day to Day

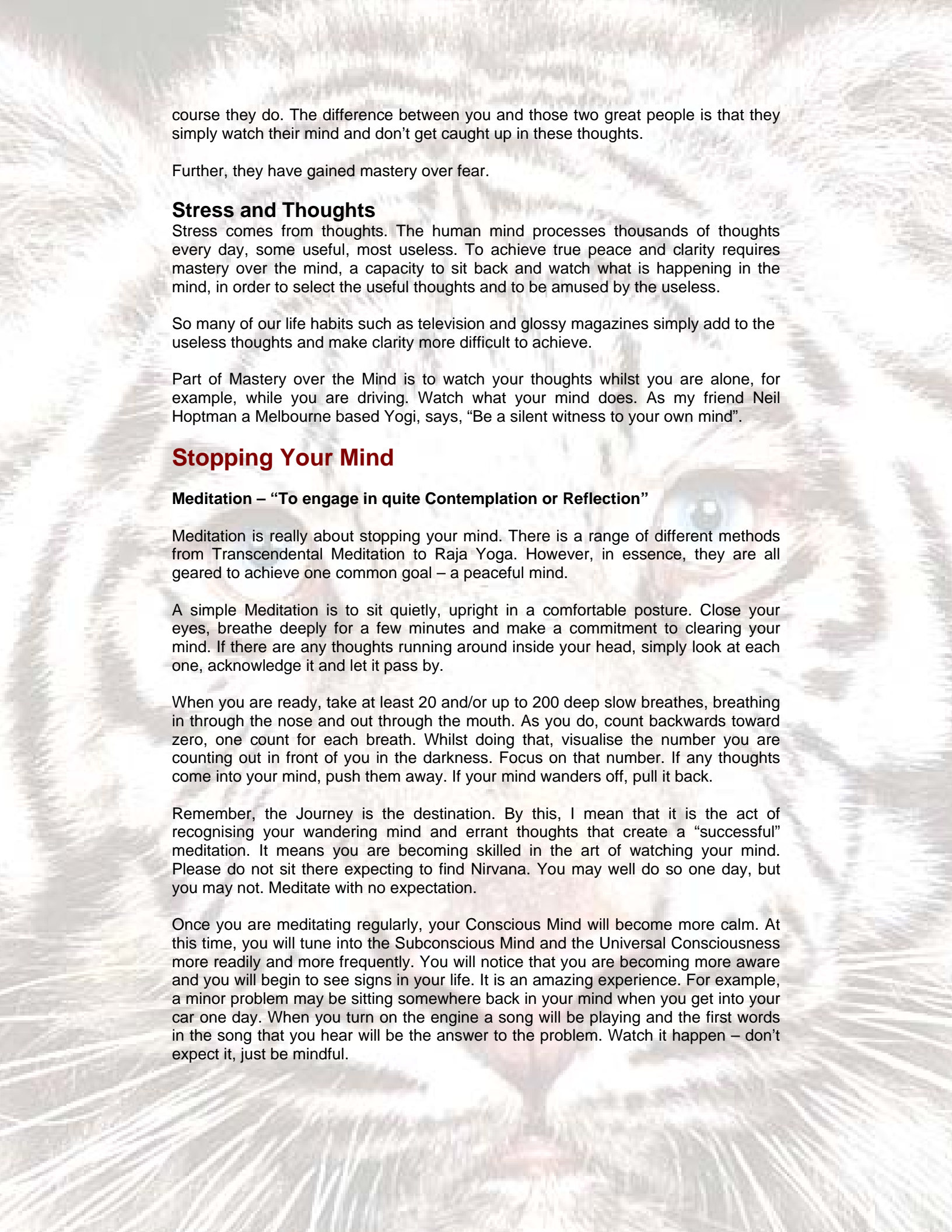
Each day, we are exposed to millions of stimuli. These stimuli trigger thoughts. Thousands of thoughts travel through our minds every day. How many of them are useful?

Have you ever been in a situation where you opened your mouth to speak and then instantly thought, “I wish I hadn’t said that!” This is a case where an errant, perhaps totally useless thought, took control and started you talking. You were so distracted by your mind that you perhaps made a fool of yourself.

If you are in control of your mind, and it is open and clear, these things will happen less or perhaps not at all.

How often do you find that you cannot sleep or cannot concentrate at work because you mind is so full of thoughts? These thoughts serve no useful purpose, yet they can take your productivity away or reduce your enjoyment of life. They are wasteful, useless and often cause a significant stress response.

It is not your fault that you have these thought patterns. You have simply never been taught how to gain mastery over your mind so that you can negate their influence. Do you think that Nelson Mandella or The Dalai Lama don’t have garbage thoughts? Of



course they do. The difference between you and those two great people is that they simply watch their mind and don't get caught up in these thoughts.

Further, they have gained mastery over fear.

Stress and Thoughts

Stress comes from thoughts. The human mind processes thousands of thoughts every day, some useful, most useless. To achieve true peace and clarity requires mastery over the mind, a capacity to sit back and watch what is happening in the mind, in order to select the useful thoughts and to be amused by the useless.

So many of our life habits such as television and glossy magazines simply add to the useless thoughts and make clarity more difficult to achieve.

Part of Mastery over the Mind is to watch your thoughts whilst you are alone, for example, while you are driving. Watch what your mind does. As my friend Neil Hoptman a Melbourne based Yogi, says, "Be a silent witness to your own mind".

Stopping Your Mind

Meditation – "To engage in quiet Contemplation or Reflection"

Meditation is really about stopping your mind. There is a range of different methods from Transcendental Meditation to Raja Yoga. However, in essence, they are all geared to achieve one common goal – a peaceful mind.

A simple Meditation is to sit quietly, upright in a comfortable posture. Close your eyes, breathe deeply for a few minutes and make a commitment to clearing your mind. If there are any thoughts running around inside your head, simply look at each one, acknowledge it and let it pass by.

When you are ready, take at least 20 and/or up to 200 deep slow breathes, breathing in through the nose and out through the mouth. As you do, count backwards toward zero, one count for each breath. Whilst doing that, visualise the number you are counting out in front of you in the darkness. Focus on that number. If any thoughts come into your mind, push them away. If your mind wanders off, pull it back.

Remember, the Journey is the destination. By this, I mean that it is the act of recognising your wandering mind and errant thoughts that create a "successful" meditation. It means you are becoming skilled in the art of watching your mind. Please do not sit there expecting to find Nirvana. You may well do so one day, but you may not. Meditate with no expectation.

Once you are meditating regularly, your Conscious Mind will become more calm. At this time, you will tune into the Subconscious Mind and the Universal Consciousness more readily and more frequently. You will notice that you are becoming more aware and you will begin to see signs in your life. It is an amazing experience. For example, a minor problem may be sitting somewhere back in your mind when you get into your car one day. When you turn on the engine a song will be playing and the first words in the song that you hear will be the answer to the problem. Watch it happen – don't expect it, just be mindful.

Being Mindful

Put simply, to be mindful means to be aware. If you had to live in a wild jungle, just walking would be an exercise in listening, watching and sensing, always on the lookout for danger. Modern living has taken these skills away from us. We can get them back.

The High Performance Mind

Stress and pressure are not the problem for sports people. Stress has always been around and always will be.... and pressure it creates diamonds. The same goes for people in business. The key is your ability to deal with both as they happen, in a way that it does not impair your performance, but improves it. Success is achieved or lost through the workings of the Mind.

Using the meditation simply triggers the Relaxation Response in the body i.e. your body's natural in-built mechanism for relaxation and rejuvenation, as what happens when you rest or sleep.

Brief Background

Since the 1950's there has been widespread research carried out into the functioning of the mind. Key findings have been that the brain continually emits electrical impulses that are called brainwaves. There are Four key brainwaves, each of which have specific functioning. Through practice you can learn to generate specific brainwaves to best suit your needs at any given time.

Snapshot of these Brainwaves

The waves are determined by their frequency per second and the amplitude of energy in the wave.

Beta: These predominate in our normal working day and are necessary for logical thinking, multitasking of activities and general managing of the day. Can be excessive and stressful where your head gets full of competing thoughts all vying for your attention.

Alpha: Are generated where there is a single point of focus and outside distractions do not disturb this singularity of focus.

Theta: Theta is the zone of the most creative thoughts. This is the Brainwave most associated with inspirational thinking and creativity. Where the aha's are generated.

Delta: These are our deepest brainwaves and are in the unconscious mind. They bring us that sense of intuition, sixth sense and also empathy. This is where that 'gut feeling', that often proves to be correct, comes from. N.B. you need to generate Alpha to fully bring this awareness to your conscious mind. Over time, you will master this and gain the advantages listed. Regular practice leads you toward a number of rewards. These include:

- Better Focus
- Clearer Thinking
- A Sharper Intellect
- Greater Sensitivity to Feelings
- Improved Observation

Better Focus

As your practice progresses, you will find that you are able to focus more completely on a single task. You will have been rehearsing for this and your mind will settle more easily into maintaining concentration for longer and longer periods.

Distracting thoughts will still come to visit but your mind will simply allow them to pass by, giving you freedom from interruption and distraction.

An elite Batsman in the Australian Cricket team will have many skills. But all of them will tell you that their greatest and most important skill is that of concentration and focus. No matter how good a player they are, one small mistake can end it all. For this reason, more and more elite batsmen are using meditation to enhance their concentration.

Clearer Thinking

When analyzing, discussing or simply pondering, you will find yourself thinking more clearly. Further, you will find yourself gaining more assistance from your subconscious as you work to solve problems or to find new solutions.

Further, when talking with people, you will find that you are a better listener and you will be more able to make a more productive contribution to the discussion as good ideas come to you or as you, through your listening skills, assist the other party to gain clarity around the points they are making.

A Sharper Intellect

What is Intellect? It is not about intelligence. It is simply a skill involving the ability to watch your thoughts come and go. This then exercises your mind control which gives you greater clarity, opens you up to solutions and responses and improves your confidence.

A person with a strong intellect is one who listens clearly, is able to process information quickly and formulate a response and who is able to grasp an issue and understand it reasonably quickly. These are not always the skills of an intelligent person but more those of a person with an uncluttered mind.

By building your intellect, you will be able to more clearly watch your thoughts and be able to distinguish the good and useful from the bad and wasteful.

Meditation or quiet contemplation are great tools for this. As your intellect grows, you will be able to quickly and silently ask yourself:

- What is useful? What is Distraction?
- Where is the root of a feeling?
- What are the messages?
- Where is the lesson?

A sharp intellect is a conscious mind with an amazing capacity for “Thought Filtration”.

Greater Sensitivity to Feelings

Often a deep feeling will emerge. Often you will try to push it aside or ignore it. Perhaps though, it is trying to tell you something. As your mind clears and your intellect develops, you will become more attuned to your feelings.

Feelings often come from a sense of something external. This sense comes through the Universal Consciousness. It may be a warning about another person or situation. Listen to these feelings. Practice interpreting them.

Improved Observation

Try speaking less and listening more. When you get the urge to speak, don't. Wait, be patient – observe. There is plenty of time. As you clear your mind, you will become much more aware of what is going on around you, including people's body language and other unspoken communications.

The Universe Always Delivers

Have you ever had a problem that so devastated your life that you have never been able to recover? Perhaps this is unlikely because you are attending this seminar and not cowering away in some corner fearing further pain.

No matter what your problem, a solution exists. If you are not open to the solution or not aware of its presence, you may miss it, making your job all the more difficult in moving through and beyond the problem.

Think back to some severe problems you may have experienced in the past. Are they still there or are they gone?

Your attitude and outlook on life are critical factors here. Several Factors shape your outlook. They include:

- Trust
- Intent
- Living Intuitively
- Your Energy
- Living in the Moment

Trust

First, to really embrace the concept of a peaceful mind, you must train yourself to Trust the flow of life. Everything will be ok. Stop worrying about the future. You see, the future is not here yet. In fact, your vision of the future may never arrive. It is no good to you until it arrives. So, forget about it. Absolute effectiveness and happiness arise out of how well you do "NOW".

This does not mean you cannot make plans. Go for it, make your plans. When you are done, forget about what the plan requires of tomorrow. Focus on what must be done today.

Often, a looming problem sits in your mind, causing you stress. One of the great rules of synchronicity is this. For every problem, there is a solution. And, the solution appears at the same time the problem arrives. Most of the time, however, we do not see the solution because we are so clouded by stress and anxiety around the problem.

Trust that the solution will be there for you and you will see it. It is never blunt, always subtle. To quote an old Buddhist saying, "God created the perfect food for birds, but he stopped short of throwing it into their nests".

Intent

This is a word of great power. This is what you put out to the Universe. What you put out, you will attract. If you put out events that you fear, you will draw them to you. If you put out that you are a calm, peaceful person, you will draw that to you. Try it and see.

When you start the day with a meditation, you will ground yourself and then be able to lock in your intent for the day. This is the deeper aspect of what some call a positive mental attitude.

Living Intuitively

Learning to live intuitively is a major stepping stone to true happiness and success. Basically, this means monitoring yourself throughout the day, checking your reactions, your feelings and your senses. As you practice this, you will become more and more aware. The signposts of life will become more apparent to you and you will begin to move forward.

When you trust the flow of life, clear your mind and open yourself to all the possibilities, you will be able to begin to live more by your intuition than simply by thoughts.

Your Energy

Other people feel your energy. If you are giving off negative energy, others will feel it. What's more, you will attract other people giving off similar energy. If you are giving off positive energy, the same will occur.

Take your mind back to the exercise we discussed at the start, where you close your eyes and imagine everything as light energy. If your light is dull and bleak, others will feel it. If it is dull enough and bleak enough, it will infect the energy in the atmosphere surrounding.

This is why, when you walk into a down-trodden, angry area of town, you can feel it. When you walk into a positive and upbeat area, you feel it.

Now, I am not saying that you should never feel negative. You can and have the right to. Sometimes you need to. But honor it, go through it, and then get your positive energy back again.

Your energy can also be effected by your posture. If your posture is slumped, work on it to improve it. See a chiropractor, osteopath or Alexander Technique teacher to improve your posture.

Try this exercise. Go to a shopping mall and stand at one end. Clear your mind, centre yourself and make it your intent to walk through the crowd of people unhindered. Send out a message of love and friendliness to the crowd, but own your power. When you are ready, walk through. You will notice that the crowd will part before you because people will feel your energy.

When you have to make a difficult telephone call, stand up, centre yourself and clear your mind. The person at the other end of the phone will feel your power.

Learn to Not be Dependent

When you are fearful, you take away your own power. For example, if you are in a relationship where you fear losing your loved one, you hand your power over to them. They sense that they are in control of the relationship and may well abuse that control.

A healthy relationship is one that you are prepared to leave and still survive. When both parties feel that way, they will be motivated to work to keep the relationship strong.

The same goes for a job. If you fear getting the sack, you hand all your power over to your employer. In such a situation, you might then hold back from challenging your leaders with your view of a situation. In that case, your leaders then miss out.

In any situation, you should feel free to have your say and fight for the best possible outcome, whether at work, in a relationship, or at the local football club.

Living in the Moment

Living in the moment is a skill that few possess. We spend so much time looking toward what might eventuate in the future that we forget how to enjoy what we are doing now.

The real challenge is to let go of the future. It isn't here yet. For many people, tomorrow will not arrive. Trying to predict the future is nothing but a gamble. Worrying about it is a complete waste of adrenaline.

Today is the only time we can participate in. What we do today will certainly effect tomorrow. But, if we are frozen with fear about what tomorrow may bring, then we are reducing our chance of having a positive impact on tomorrow.

People often say to me, "What about planning? You cannot run a business without making some plans." I agree whole-heartedly. Planning is an activity that you may participate in today. But, once the plan is complete, you can only do the things that the plan requires to be done today. Leave tomorrow for tomorrow.

A plan is simply a desired direction or a path to be traveled. The targets set to match the plan are purely a motivating force and a measuring device. They are not there to rule your life. An old management consultant once said to me, "Plan your work, then work your plan".

So, what do I do today? The answer is simple; just do today what has to be done today. Whilst you do each activity, be in the moment. Do not let your mind entertain thoughts of tomorrow or yesterday, especially stressful thoughts. Just be in the moment. Pay Attention.

Pay Attention!

When you pay attention, the quality of your work increases and your stress levels decrease. Imagine trying to chop a pile of wood with a sharp axe and not paying attention to the task. I'd say the loss of a toe is a real possibility.

When you are talking with someone, listen. Pay attention. When you are driving to work, concentrate on the act of driving and on the scenery of the journey. Pay

attention. When spending time with your family, be there with them 100%. Pay attention.

When a stressful thought about a pending problem enters your mind, tell it to go away and come back when its time is current and not before. There is too much to do, too much to attend to, on this day. You have no time for tomorrow. So Pay Attention!

The solution is in paying attention to what you are doing now and not thinking about anything else. Now is now. Today is today. Tomorrow will take care of itself. Simply chop the wood and carry the water. That is the essence of survival.

Train your mind with meditation and a concerted effort to stamp out wasteful thoughts. If you are typing a letter, simply type the letter. Nothing else! If you are talking to someone on the telephone, pay attention and really listen. If you are driving, drive. Try doing it without the radio for a while. It is funny how you will, all of a sudden, receive a gut instinct to turn at a certain street and find out later that you unknowingly avoided a traffic jam.

It is really just like surfing. Once you are on the wave, all you can do is ride it. You cannot go faster than it and you cannot catch up to the next wave. And, if there is a better one behind the one you are on, it is not yours. Surf the wave you are on.

The Benefits of Meditation

Regular Meditation practice produces a number of startling results. Consider the following:

- Calms the Mind
- Slows the Mind
- Cultivates the Witness
- Eases Heart Rate
- Eases Respiration
- Calms the Senses
- Slows Adrenaline secretions
- Slows Gastric Acids secretions
- Relaxes the entire body
- Helps you to become more aware and mindful

Other Meditative Activities

There are a range of activities you can “take up” to supplement your meditation. These are effective as they provide you with a focus for intense concentration, which tends to stop the mind wandering all over the place. These activities include:

- Jigsaw Puzzles
- Building small Models
- Art and Craft work (if you are rushing to finish it then it doesn't count)
- Crossword Puzzles (As long as you don't get stressed by them)
- Cooking for Pleasure
- Listening to music (I mean really listening and getting inside it)

In Closing

In his book, "The Art of Happiness" his Holiness the Dalai Lama states, "The Purpose of Life is to be happy". Happiness can be found:

- In a calm, peaceful mind
- When the Heart is Strong and the Ego under Control
- When you are strong in discipline
- When you step back to the basics of survival and clearly define the difference between your wants and your needs.
- When you Trust the Flow of Life
- When you make it your clear intention to be Happy
- When acting out of Love as opposed to Fear.

Remember, Meditating regularly requires discipline.

Fantastic Resource – The Avatar Course

All of the previous material was written prior to my involvement in The Avatar Course. If you would really like to gain access to the tools to manage your mind, check out www.avatarepcpacific.com. At this site, you can download the e-book, "Living Deliberately", by Harry Palmer. This is a great Next Step.

Avatar is a 9 day course that commences with the two day ReSurfacing Workshop. In this course, you are given a range of powerful exercises that you can use to manage your mind, move beyond old struggles and limitations and awaken to the wealth of possibilities that this life journey offers.

It is a profound set of processes that will take you to an experience of a spiritual awakening – enlightenment. Some may consider that to be a "big" statement but it happens. Those who put their attention on really using the tools and honestly introspecting will gain these incredible results.

On the Avatar Website listed above, there are 7 public domain mini courses and a range of Video Presentations by Harry Palmer. These are for you to use to gain an experience of Avatar and hopefully you will be inspired to do the training.

Avatar presents no dogma or belief system and is respectful of all beliefs.

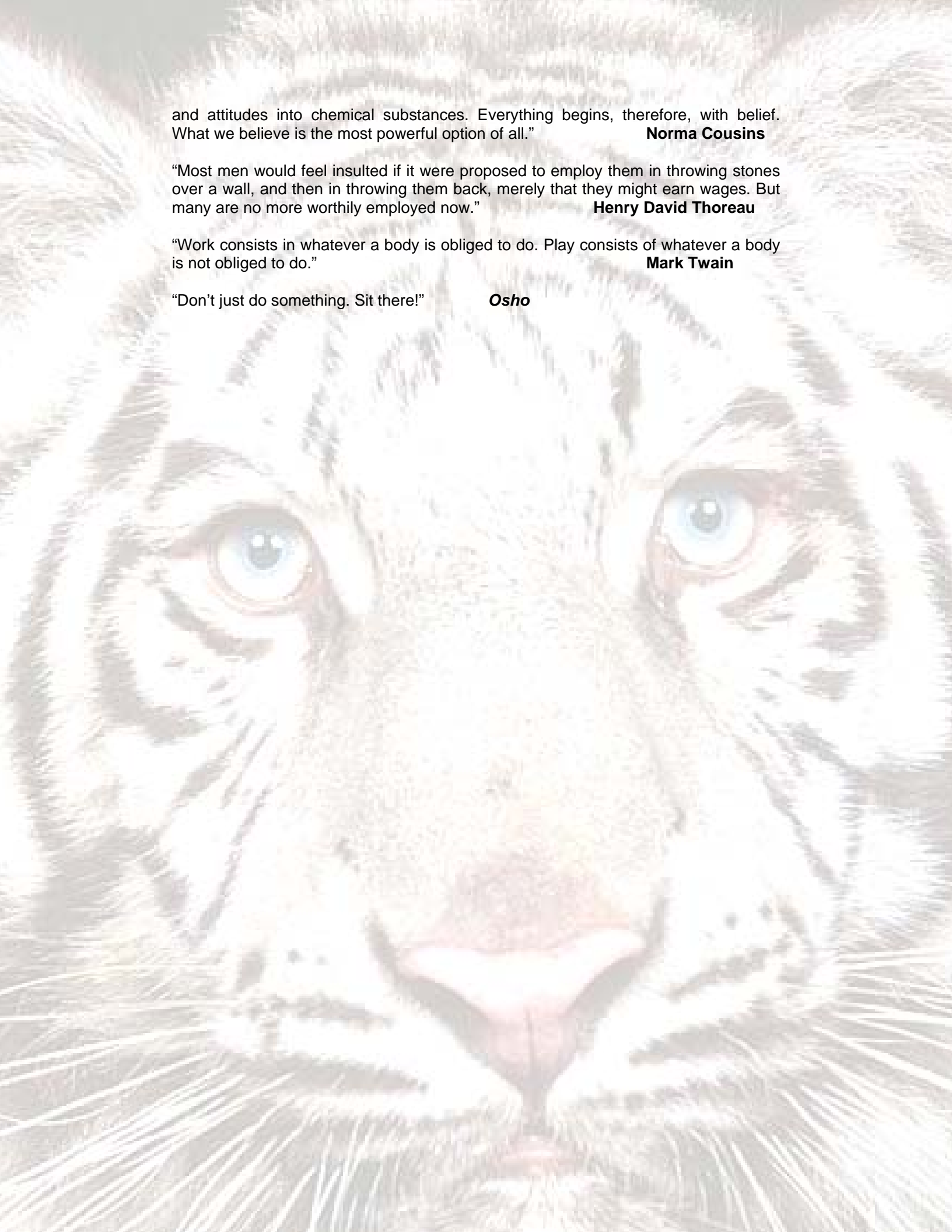
Some Thoughts from Others

"Even when walking a in a party of no more than three I can always be certain of learning from those I am with. There will be good qualities I can select for imitation and bad ones that will teach me what requires correction in myself." **Confucius**

"To win one hundred victories in one hundred battles is not the acme of skill. To subdue the enemy without fighting is the acme of skill." **Sun Tzu**

"Don't limit a child to your own learning, for he was born in another time." **Rabbinic Saying**

"The greatest force in the human body is the natural drive of the body to heal itself – but that force is not independent of the belief system, which can translate expectations into physiological change. Nothing is more wondrous about the fifteen billion neurons in the human brain than the ability to convert thoughts, hopes, ideas



and attitudes into chemical substances. Everything begins, therefore, with belief.
What we believe is the most powerful option of all.”

Norma Cousins

“Most men would feel insulted if it were proposed to employ them in throwing stones
over a wall, and then in throwing them back, merely that they might earn wages. But
many are no more worthily employed now.”

Henry David Thoreau

“Work consists in whatever a body is obliged to do. Play consists of whatever a body
is not obliged to do.”

Mark Twain

“Don’t just do something. Sit there!”

Osho