

Introduction

Relentless thoughts invade your mind, stealing your peace. You'd love to pay attention, but you're too busy fending off the attack. Those with a quiet mind could never imagine the noise that echoes in your head.

They'll tell you "just shut it off," or "focus on something positive," unaware of what being in your mind really feels like.

It's a hard way to live, I know. I once suffered from a racing mind.

Despite your best efforts, taming your wild mind has proven impossible. Maybe you've even stopped trying.

Don't despair.

There is a way to bring your mind back under control! Freedom is possible, and that's why I offer this e-book. Even now, as you read this, you may need some inspiration to continue.

Ask yourself the following question, and with all your powers of concentration, try to imagine.

What will your life look like when you get your mind under control?

A racing mind is extremely frustrating, and unfortunately, it's not uncommon. Millions suffer with a racing mind because of anxiety, bipolar disorder, OCD, ADHD, PTSD, and other conditions.

Still more suffer from a racing mind that aren't clinically diagnosed with any of these conditions.

Regardless of the numbers, when you're filled with the frustration that often accompanies the racing mind, the experience is all too personal.

I've had many students with a racing mind. Most have tried various remedies to get relief. Mostly, the efforts have been ineffective and only add to a feeling of hopelessness.

Before we expose a proper solution to the racing mind, it's important that we discuss a few things.

If you are under the care of a mental health professional, taking medications, or experience racing mind to a degree which significantly interferes with your ability to function, do not discontinue any aspect of treatment without first discussing this with your therapist.

I don't have a "magic pill." The information presented in this e-book can help you manage your racing mind, but it's not instant, and it requires your faith and commitment.

When I speak about faith, I'm not asking you to believe what I say blindly, rather, I ask that you verify what I have to say, scientifically, experientially.

Have 'faith' that you can change.

I ask that you suspend any disbelief because of previous experience, bias, unfounded belief. I intend this document to aid in your liberation.

If you reject what I'm offering out-of-hand, I ask you, what's the alternative?

LOST IN THE FOREST

Lost in a forest, would you use a chainsaw to hack your way out? That's what you're doing when you battle thoughts to get some peace from your racing mind.

Why not use your thoughts, as you might use a tree (to climb up) in the forest, to get some perspective?

As you continue reading, you'll see that you can change your relationship to thoughts. In fact, quieting your racing mind depends on your looking at thoughts differently.

It's an attachment to thoughts, a belief in their importance, a feeling that you are your thoughts, that keeps you in bondage.

Let's drop the chainsaw and find a useful way of dealing with those thoughts.

Making Friends with Your Mind

Have you noticed the more you fight with your mind, the more stubborn and unruly it becomes?

It's like trying to fit into a dress that's much too small, squeeze this part in and other pops out.

And it's sneaky too!

You think you have it quieted and boom, another thought pops up, like a sick game of whack a mole.

Your mind exists to protect you, *even at the expense of your sanity!*

Therefore, you spend hours each day worrying about the future and regretting the past. It's all to keep you safe.

But does your mind really have the answer?

If you could see what is going on in that wild mind of yours, you'd notice that it really has very few answers.

Did you know that many of your thoughts aren't even true!

GIGO

In the world of computer science, "GIGO" means garbage in, garbage out.

The same idea applies to our mind. When we are young, we develop beliefs to help us understand our experience. The beliefs we develop aren't always helpful. In fact, many of our beliefs can be destructive.

Often, when we face a negative experience, we access these unhelpful beliefs. When we respond through the filter of these "mistaken beliefs," the consequences are rarely helpful.

More often, the consequence is negative.

A racing mind can result from a single thought that accesses one of our mistaken beliefs, which then activates more negative thought.

Round you go!

So, how do you make friends with this stubborn little toddler?

Being heavy handed with your mind won't get the results you seek, it's a clever little demon and insists that it knows best.

But you can show the mind where it's gone wrong, how it's made a poor judgement, and it will correct itself!

You must help the mind see that it's not getting good results, that the method it's concocted, to solve your problem, is wrong.

Work with the mind

LISTEN

Even when the words seem incomprehensible, listen. When an emotion seems overwhelming, listen. When your mind is off to the races, lost in circuitous thought, LISTEN.

Be the observer.

You might wonder how to listen when you can't hear over all the noise.

About the Solution

My observation is there aren't many programs that deal specifically with a racing mind.

My wife and I operate a small wellness center in Rockledge, FL, and we have met many people, just like you, with a racing mind.

They are my inspiration; you are my inspiration.

As I stated earlier, I once had a racing mind. Most of the time I was unaware of what was happening in my mind. I lived in a state of agitation, confusion, and anxiety.

I've learned to have peace, and so can you!

I've spent decades learning what helps quiet the mind. Sometimes a frustrating endeavor, to be sure.

I finally learned to work with my mind in a way that brings calm rather than exacerbate the problem.

You need to understand how thoughts and beliefs are getting in your way.

Unfortunately, we can't just do a brain scan to see where your thoughts have carried you, how beliefs, you have developed over a lifetime, are obscuring your way.

For this, we need *meditation*.

***SHAMELESS PLUG

I offer a three-part program titled ['TAMING THE RACING, WANDERING MIND'](#)

The workshop fills in all the blanks, from what meditations and activities will most help with your racing mind, to understanding thoughts and changing your relationship to them. Each session is about an hour and a half.

You can read more about our program at the end of this document.

You need not attend our program to benefit from this e-book.

MINDFULNESS & MEDITATION

The best way to listen to your mind and heal yourself is through meditation. Specifically, mindfulness meditation.

I've included evidence to support mindfulness in the appendix.

Meditation is the best way to work with your mind. To understand your mind, make friends with it, mindful meditation (mindfulness) is the way through the forest.

Mindfulness uses thoughts, as you would use a tree in the forest, to get a fresh perspective and find your way home.

Mindfulness is about training your mind to be in the present moment. The thoughts that disturb your peace are about the past or the future.

You may be anxious about the future, about some event that hasn't, maybe never will, occur. You might also think about some regrettable action, or unpleasant experience from the past.

We all know how that works, one thought, and your mind is off to the races, building a story, justifying past actions, worrying about what might come.

Would you have these experiences if you were present?

Let's experience this directly, it will only take a few minutes.

- Set a timer for 3 minutes.
- I invite you to be silent for 3 minutes, doing nothing, just be here.

REVIEWING THE EXERCISE

- What did you notice during the exercise?
- Were you distracted by your thoughts during the exercise?
- What were your thoughts about?

THE GOAL OF THE EXERCISE

Did you notice how much of your attention was on thoughts or feelings? The present moment is much fuller and richer than our thoughts and feelings.

You might have had all kinds of thoughts: “this is crazy”, “what’s the use of this?”, or thoughts about something you need to do, or images and experiences from the past.

You were likely lost in thought, not present, and that’s how you get caught!

This leads to your mind racing out of control.

What Is mindfulness

Mindfulness is the practice of paying attention on purpose. It's being open, curious, and accepting of whatever is happening right now.

How is mindfulness going to help you with your racing mind?

If your mind is running in circles, the practice would be to observe the mind and how it runs in circles, what causes it to run in circles.

Better, though, as you practice, you'll notice a thought or a feeling and see how it entices you to run in circles and ***learn not to get caught!***

You'll do this by *respecting the thought, noticing the thought, but not get involved with the thought.*

Example

If you watched your mind and noticed that you had the thought

"I have an appointment at 3:00 that I can't forget."

You can get involved with the thought and proceed to the next thought. Maybe something like "I hate the doctor's office." Or maybe "I'm always forgetting these appointments," etc.

Or, you can just notice the thought... and label it with something simple like "Thinking," or "thought," and then proceed to whatever your focus was prior to the thought.

This is how you break the chain of thoughts and give yourself a break! How important was that thought? Did you ask for it?

It will take some practice and some patience. Like training a horse, at first your mind might buck, and rear, but eventually, it will calm down, maybe even eat out of your hand 😊

I OBJECT!!!!!!

Please read my attempt to address your potential concerns with as much openness and self-reflection as you might muster.

By now, you may have some objections.

- o I've tried mindfulness or meditation before, and it didn't work for me.
- o I just don't have time for this.
- o I've tried everything and I'm tired of fighting.
- o My mind differs from anyone else's, you couldn't possibly understand.
- o Etc., etc.

Could your beliefs be deceiving you?

You may never know, unless you continue reading. 😊

Objections

I've tried this before

How long did you give it to work, were you patient, really committed?

Practice mindful meditation daily for 5-15 mins per session, and at least 3- 5 times per week. You'll notice results after about two weeks of practice, or 8-10 sessions.

Perhaps you could consider giving it another try, this time be patient with yourself, your mind has been running wild for a long time and it will take time and effort to get the peace you truly desire.

What type of meditation did you try?

There are many types of meditation. Some may not work that well for you, other types might be just the ticket to open enough space for your practice to thrive.

Where were you when you attempted to meditate?

The best place to meditate is in a quiet area where outside distractions are at a minimum.

Have you considered a qualified instructor, or group that could support your efforts?

No time

A typical excuse for not meditating is "I don't have time." Perhaps the most curious to me, as you can begin a mindfulness meditation practice in as little as five minutes per day. Do you really pack your day so tightly that you can't take five minutes to save your sanity?

Nothing works for me, I've tried everything... my mind is different, you don't understand.

Why resist change that could help you find happiness? Is it possible that you're not ready to be happy, that you choose to suffer?

You want to be happy,

So why the hesitation? Have I not explained the benefits, are the scientific recommendations for mindfulness inadequate, is your mind closed off to possibility?

All that I can say is, "YOU CAN!" And when you are ready, I'm happy to assist.

What Does a Mindfulness Practice Look Like?

I hope you are ready to consider what your mindfulness practice might look like. I encourage you to start a journal and write about your experience as you begin this undertaking. It will serve a couple purposes.

- You can see your progress as you practice.
- In years to come, you can remember how your mind once raced. You can marvel at how meditation has affected your life and use it to fortify your continued practice.
- Maybe even write an instructional e-book of your own 😊

The Practice—I'll lay it out in several steps

Your primary aim when beginning a mindfulness practice is to develop a *gap*. To develop this gap, you must first develop some concentration ...

EEK's.

That's an enormous challenge, right?

Developing concentration can be difficult when you have a racing mind, but it's the foundation on which your practice rests.

It's really not as difficult as it may seem, remain patient and stay committed to your personal freedom.

Step One

Develop Concentration

Give five minutes of your time, every day, for the next two weeks. And after those two weeks, give me 10-15 minutes every day, for the rest of your life!

Yes, as they say, this isn't a sprint, it's a marathon. 😊

You don't really need to meditate every day. But you need to meditate regularly to establish and maintain an effective practice.

I leave the details up to you.

To start your practice, I recommend you meditate for at least 5 minutes per day, 3 to 5 times per week. Increase the duration of your meditation as you progress.

Don't forget to write about your experiences in your journal.

How Do You Meditate?

Exercises and Meditations (Page 23)

You should start with a single point, concentration meditation. Continue doing this meditation for a minimum of several weeks. At least five minutes per day, 5 days per week.

Tip: I still do concentration meditation regularly and also use the other meditations in this e-book.

Note: Each mindful meditation has a specific purpose. Some develop basic concentration, while others develop a broader awareness. Still others help to change your relationship to thoughts and feelings and increase body awareness.

As you work through a mindfulness program, you will experience distinct meditation types in their intended order.

***More Shameless Plugs 😊

We offer resources on mindfulness Rockledge, FL

[MINDFULNESS MEDITATION GROUP](#)—Meets every other Tuesday evening 6:30pm

Workshops: [INTRODUCTION TO MEDITATION](#),

[INTRODUCTION TO MINDFULNESS](#) and [DEALING WITH THE RACING MIND](#)

Step Two

Body Awareness

Body awareness exercises can be most helpful for those with a racing mind.

The body is our best link to the present moment. Because the body and its sensations only exist in the present.

The body scan meditation is a fundamental mindfulness practice and is in the appendix. (page 23, 24)

Body Movement

A great way to increase your mindfulness of the body is through mindful movement, such as YOGA, TAI CHI, or QI GONG.

It's very difficult to be lost in thought while you are twisting your body into a pretzel. 😊

Kidding but the sentiment is true, the focus required in body movement will take you out of your head, at least for a while.

Perform a body awareness meditation at least twice per week.

*Didn't you say something about a **gap**?*

Yes, I mentioned it in the first paragraph of this section.

"Your primary aim when beginning a mindfulness practice is to develop a gap."

Then I hurried on to the development of concentration.

This wasn't an oversight; we must first develop concentration and awareness before we can see the gap.

But the gap is the GOLD, it's your FREEDOM.

Would you like me to tell you what the gap is, already?

The gap is that quiet second or two, between thought and action.

The action can be many things, an emotion, a physical action, or another thought.

Are you sensing freedom here?

When you develop mindfulness, you will eventually notice the gap.

The gap allows you to decide, rather than habitually following thoughts, destructive patterns of behavior, getting lost in the past, or dreaming of the future.

You decide what to focus on.

Eureka, Gold!

You may be familiar with CBT (cognitive based therapy). A primary concept in CBT is the idea that we have an Activating event (thought), access a Belief (valid or NOT), then live with the Consequence (perform some action).

The concept is referred to as the 'ABC of CBT' ... too many abbreviations? 😊

Imagine the power of CBT along with mindfulness. If you could intercept that pesky, mistaken belief before you act, you could change your life!

****hint... this is what our live program is all about *** Or look up MBCT*

Step Three

Broaden Your Awareness

Now this is living!

Once you have your mind under management, you can broaden your field of awareness.

Maintaining the previously developed concentration, you gradually open your senses to include everything around you.

Using a focal point (such as the breath) as an anchor to keep your mind grounded, allow everything to enter your field of awareness. The trick is not to get lost in any aspect of the experience. Remain open and observant.

Taking in all that life has to offer, you expand your tiny world, and experience life in its entirety.

Without the interruption and frustration of the racing mind.

Is that it? Will my mind be quiet now?

Not quite.

You now have a basic understanding of mindfulness and its benefits, but there is work to do.

If you want to learn to manage your mind, it will take practice and patience.

I've included Meditations, starting on page 23, to help you on your way.

Remember, you CAN quiet your mind.

Don't give up! Continued practice is the way to succeed.

HOW TO GET STARTED

[CONSIDER ATTENDING OUR PROGRAMS.](#) 😊

- Learn about mindfulness
- Learn and practice meditation
- Join a group that supports your aim-Meetup is a great place to look (search mindfulness)
- Continue to learn and practice mindfulness and explore your mind, thoughts, feelings, and beliefs, that may obstruct your way.

Best wishes on your journey!

Conclusion, Exercises and Resources on the following pages

CONCLUSION

As in the forest, once you climb the tree, you will know where to go.

If you can truly see your thoughts for what they are, you will be elevated, released from a life of distraction.

I hope that you found this e-book useful and that you achieve freedom from your racing mind!

There are many great resources about mindfulness, its effectiveness, and how to practice.

You will probably find, as I did, that most of these resources neglect to consider a true racing mind.

At the risk of being redundant, I encourage you to

[ATTEND OUR CLASSES AND WORKSHOPS.](#)

We can expedite your success significantly, with our reasonably priced programs.

Barring that, consider joining our [MINDFULNESS MEDITATION GROUP](#) to support your efforts.

Appendix

What Do Mindfulness Practitioners Have to Say About Mindfulness?

“The little things? The little moments? They aren’t little.” – Jon Kabat-Zinn

“Many people are alive but don’t touch the miracle of being alive.” – Thích Nhất Hạnh

“When we get too caught up in the world’s busyness, we lose connection with one another – and ourselves.” – Jack Kornfield

“You are the sky. Everything else is just the weather.” – Pema Chödrön

“Altogether, meditation is not to create states of ecstasy or absorption, but to experience being.” – Chögyam Trungpa

“That’s life: starting over, one breath at a time.” – Sharon Salzberg

“Don’t believe everything you think. Thoughts are just that – thoughts.” – Allan Lokos

What About Science, Are there Studies on Mindfulness

National Center for Complementary and Integrative Health

“Many studies have investigated meditation for different conditions, and there’s evidence that it may reduce blood pressure as well as symptoms of irritable bowel syndrome and flare-ups in people who have had ulcerative colitis. It may ease symptoms of anxiety and depression and may help people with insomnia.”

<https://nccih.nih.gov/health/meditation/overview.htm>

Effects of Mindfulness-Based Stress Reduction (MBSR) on Emotion Regulation in Social Anxiety Disorder

Mindfulness-based stress reduction (MBSR) is an established program shown to reduce symptoms of stress, anxiety, and depression. MBSR is believed to alter emotional responding by modifying cognitive–affective processes.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4203918/>

Mindfulness-based treatments for posttraumatic stress disorder: a review of the treatment literature and neurobiological evidence

Mindfulness-based treatments for posttraumatic stress disorder (PTSD) have emerged as promising adjunctive or alternative intervention approaches. A scoping review of the literature on PTSD treatment studies, including approaches such as mindfulness-based stress reduction, mindfulness-based cognitive therapy and metta mindfulness, reveals low attrition with medium to large effect sizes.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5747539/>

Meditations

Single Point Concentration Meditation

This single point concentration meditation uses the breath to focus attention on one part of our experience. The meditation is to continue returning to the focal point when we notice that we have drifted off. This helps to develop concentration.

- Find a comfortable place to sit where you won't be disturbed.
- Close your eyes.
- Bring your awareness to your breath.
- Feel the sensation as the breath enters and exits the body. Ordinarily, use the tips of the nostrils.
- Notice the length, temperature, etc. of the in and out breaths.
- When your mind wanders off, gently return your focus to the breath.

If you notice that your mind wandered off, don't get frustrated. Just continue bringing your awareness back to the breath. When you noticed that your mind wandered off you were being mindful! The more you practice, the more mindful you'll become.

Body Scan Meditation

The body scan meditation uses the body as a focal point. We start with bringing our attention to the sensations in our foot and move up through the body to our head.

- Find a comfortable position to sit or lay for this meditation
- Close your eyes
- Bring your attention to your left foot
- Notice any sensations you feel in your toes on your left foot, tingling, heat, tension, or pain.
- Bring awareness to any tension or pain, not trying to change anything, just loosen your awareness around the tension or pain.
- After a few moments move your focus to your entire foot.
- Again, noticing any tingling, heat, tension, or pain.
- Continue moving up your body, including both the left and right side of your body, to your head. Noticing any sensations along the way.

For guided meditations and other information about mindfulness, visit our website

<https://etheriawellness.com/>

Body Awareness

To bring yourself back to the present moment during your daily activities, use your body. The body is always in the present. Notice the sensation of your body contacting other surfaces when you change posture.

Example

When you sit down, notice the feeling of your body in the chair, your feet on the floor, etc. You can use a change in posture as a trigger to bring your awareness back to the present. While standing, walking, lying, etc.

ABOUT OUR RACING MIND PROGRAM

Etheria wellness offers a racing mind program in three sessions. Each session builds on the previous to guide the student in actions that will quiet the racing mind.

Purchase as a complete package (all three sessions on one date), or you can purchase individual parts on dates that work with your schedule.

Below I summarize the individual parts, but the value in the program lies in its focus on techniques and teachings. I tailor these to help with concentration and awareness and look directly at changing your understanding and relationship to your mind. Specifically, your thoughts and emotions.

The program brings together all the pieces necessary to quiet your mind and find peace. After completion of the program, we offer support for your practice through our mindfulness meditation group.

PART ONE RACING MIND

Tools and techniques to help spend more time in the present moment. This helps with a racing mind because typically thoughts are about either the past or the future, rather than the present. The session will cover basic mindfulness and contains several exercises and meditations to help find the right techniques for you. You'll also receive a workbook with the exercises, a practice log, and helpful handouts.

PART TWO RACING MIND

Part two of the series focuses on developing concentration balanced with open awareness. We also cover body awareness as your link to the present moment. Session has many exercises and meditations to help increase awareness.

PART THREE RACING MIND

Perhaps the most critical session in the series, part three focuses on thought and emotion and changing your relationship to negative thought patterns. This session also brings together the previous parts into a cohesive practice that you can continue using to tame your mind, while presenting resources available to support your ongoing practice.