

SPECIAL CASE NUMBER 5

THE OVERHEATED MIND AND SLEEPING DIFFICULTIES

“Nature gives us our 20 year old features; life models our 30 year old features
but the 50 year old features are yours to deserve”

Coco Chanel

- You have difficulty relaxing
- Your child can't get to sleep in the evenings
- You feel overworked
- You have recurring excessive thoughts
- You have sleeping difficulties (getting to sleep, insomnia, and night waking...)
- You appear happy and enthusiast to others but this hides a troubled mind
- You are nervous
- You're a perfectionist putting the bar very high
- You worry too much for your loved ones

Themes covered: **mastering thoughts – mind and ego**

Keywords : **Serenity – Calm – Birdsongs – Deep Breathing – Pastures – Forest – Waterfall – Mountain – Exchanges – Flow – Inside Harmony – Silence**

Colors: **crimson, orange, gold, yellow, turquoise, green and blue**

❖ **What to do with your look when you are nervous and / or are sleep deprived ?**

- Choose soft colors for your tops
- Mask the dark circles under your eyes, cheer up your cheekbones and illuminate your lips

❖ **The main crystals and gemstones**

- Black tourmaline and hematite: grounding and return to a calmer state
- Amber: letting-go
- Aragonite: soothes nervous tensions
- Citrine: return of inner joy
- Blue calcite: inner focus and calm
- Turquoise: still mind and finding sleep
- Aquamarine: true voice and inner peace
- Labradorite: mental cleanup

❖ Bach Flower Essences

- White Chestnut: in case of obsessional rumination
- Vervain: when you can't relax
- Agrimony: when your mind is agitated in spite of your joyful appearance
- Red Chestnut: when you worry too much for your loved ones
- Olive: when you are exhausted
- Hornbeam: in case of weariness and when your sleep is not restorative

SUGGESTIONS TO SOFTEN YOUR LOOK

Suggestion # 1: Choose soft colors for your tops.

Your obsessive thoughts, your lack of restorative sleep are affecting how you look. Your features are drawn, your skin is dull and the dark circles under your eyes are marked. Furthermore, when you are sleep deprived, your eyes can seem harsh or on the contrary distant.

Choose **light shades for your tops**. It will soften your features.

Suggestion # 2: Mask the dark circles under your eyes, cheer up your cheekbones and illuminate your lips.

- Mask the dark circles under your eyes with a concealer close to your natural complexion. You can also use your fluid foundation.
 - If cold colors are more flattering to your skin tone, put some pink shades of blush on
 - If warm colors are more flattering to your skin tone, put some orange shades of blush on.
 - Avoid dark or very red lipsticks that harden your features. Rely on mat, soft and light tints.
 - Rosewood or wooded pink for cool shades
 - Orangy, coppered or caramel colored tints for warm shades
- Avoid contouring your lips with a brown pencil⁹⁸ Stay natural!

CALM YOUR THOUGHTS AND TAME THE TINPOT DICTATOR AND THE SPURIOUS NOISE

One day, the Dalai Lama was asked: "What most surprises you in humanity?"

His answer was: "That man sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived."

❖ Our mastered thoughts: a rejuvenating experience !

We are accustomed since childhood to think, reflect, analyze, calculate, anticipate ... All those controller operations, from our fertile brain are very useful in the management of our everyday life.

However, **too much is the enemy of good**. When our mind is overheated, our thoughts are quick and abundant. We often start our sentences with: "I think that ...", "I believe that ...", "I must ...", "I should have ...", "I could have ...", "I ought to ...", "I should ..." And we don't know how to press the "off" switch.

A person who can't master her thoughts is often incapable of taking a break or resting. Her head and body are in constant action mode. Through the tensions she creates, she exhausts her heart and her physical cells are under stress.

On the contrary, when she is relaxed, her face reflects her internal state. Her face is bright, her eyes are sparkling, her smile is radiant and the marks of time make themselves discreet.

❖ Our mind is just a tinpot dictator.

Our mind is an extraordinary tool to be used smartly by leaving it to its subordinate role.

It's a powerful software that organizes already known data: **it refers to what has been lived in the past to project into the future**. It's the one that creates all the questions we have about everything. Though these questions are necessary to make progress, they can however prevent us from moving forward with confidence. Thus our mind maintains us in our fears and keeps control over us.

Apprehensions may be ceaseless: "And if this new job didn't measure up? It's better to keep mine; at least, it's known territory! And as the saying goes "Better the devil you know than the devil you don't know"

Or "And if I failed this examination? I would never recover from it"

And again: "And if I leave him? I would be all alone ... no, I would feel lost!"

And if, and if, and if ... finally you decide to settle for a less than fulfilling situation.

In the medium and long term, **to "not dare" generates frustration, regrets, bitterness or anger**. These feelings follow people that haven't been able to seize the opportunities when they were there.

Look at your mind as an entity that is not you.

Observe it creating those movies, all those scenarios of fear and watch the emotions it makes you feel.

Your mind is a tool and not a friend. A friend doesn't project fears or tends to backtrack. A friend listens and reassures.

What solution do we have within our reach so our mind doesn't totally rule our life?

Learning to relax and live in the present moment as often as possible.

❖ **In the present moment you learn to let go and your thoughts fade away for a while.**

Your vocabulary changes. Instead of saying: "I think, I believe and I must", the formulations become softer and more subtle: "I have the impression that ... I feel that ... I'd like to ... I suppose that ..." They are an indicator of your inner state.

In that instant you are totally connected to what you are doing. You are not thinking about yesterday or tomorrow. Your head is "at rest"; your thoughts are calm, like a lac in the early morning.

While the permanent noise in our life (television, radio, loud music, endless discussions ...) leaves us in an almost constant interference, **silence and meditation, by the mental pause they provide, allow us to be in the present moment.**

New intuitions "come up" and you can "hear" them because you are in "pause" mode. They are always relevant. You are in the present and you let go.

Letting go is giving up controlling everything in your life and having to prove yourself.

It's accepting that others are different and that you are who you are. And not someone you wished you were.

Letting go is trusting life. It's signing a blank check about the future, about this life and what comes next.

It's also stopping putting the life that doesn't bring you what you want, under trial.

❖ **Mastering the ego is a victory.**

The mind and the ego are inter-related. **The ego is the "false self". It is proud and haughty. It only survives in conflict and competition. It's a part of us that criticizes and judges.**

Between our mind (the tinpot dictator) that creates fears and the ego (the spurious noise, the parasite) which, by its critics, keeps us away from our true nature, our "real self" is imprisoned.

❖ **How do you know you have let go of the ego ?**

People who are no longer under the control of the mind and the ego, can live detached from fear, including fear of lack and fear of death.

They can be totally in the present, leave the past where it is and not be afraid of the future.

Watch yourself live. Be attentive to the moments in your day when you are not in the present. To those moments when you think about the past or try to predict the future. Open your awareness to these moments.

When you come back to the present moment, the here and the now, the duet “mind-ego” will lose its strength of materialization and you will gradually get out of its control.

Don't accept all the fears your mind presents you with. Don't play its game anymore. Open up to the expression of your intuitions. You will become the big winner!

René Barjavel⁹⁹ said: “Tomorrow's happiness doesn't exist. Happiness is now or never. It's not to reflect, gild, organize or pad your life, but to know how to enjoy it at any time.”

The present is your savior. It gives you back your freedom to be and do. You can retrieve your inner peace. Only then can your mind become your best tool for evolution and “your servant”, which is its righteous place.

THE POWER OF CRYSTALS AND GEMSTONES

You will find hereunder the gemstones and crystals that will help you “put your mind to rest” and set you in “pause” mode, to improve the quality of your sleep.

For each Bach Flower there are various corresponding crystals. You can use just one of the following stones or two together or even more depending on your sensations and needs. The order in which the crystals are presented is linked to the chakras.

You can work with the special combination of stones for each case or choose any other stone presented in this chapter that feels the most appropriate for you.

You will find a full description of the stones in the appendix page x.

❖ Main crystals and gemstones :

Black Tourmaline, Hematite, Amber, Aragonite, Citrine, Blue Calcite, Turquoise, Aquamarine and Labradorite.

THE POWER OF BACH FLOWERS

Each Bach Flower treats different emotional dysfunctions. If you recognize yourself in any of the aspects described for a flower, it means that flower is meant for you. You can take several flowers at the same time if they correspond to your state, as explained in the chapter on Bach Flowers.

“We must indulge the mind and from time to time allow it the leisure
which is its food and strength.”
— Seneca, On the Shortness of Life

☹ You are brooding over something. Mental discussions and arguments cloud your head. Your constant concerns and worries seem uncontrollable. You are prone to insomnia and troubled sleep because of your obsessive thoughts.

- Take “**White Chestnut**” the Flower for thoughts
It **brings back peace of mind**. Worry is replaced with the certainty of obtaining a positive result or the solution to the problem.
- Work with Hematite, Amber, Turquoise (or Aragonite) and Labradorite.

☹ Your mind is very active and you are unable to relax or have difficulty resting because you are hyperactive. You experience nervous tension, have sleep problems and constantly live on the edge. You are a perfectionist and as a courageous leader you willingly throw yourself into the causes you believe in. You stretch yourself far over your physical abilities.

- Take “**Vervain**” the Flower of enthusiasm.
It’s the **remedy against excessive effort**. It helps you relax while teaching you that it’s by staying yourself, master of your mind, that you accomplish great things.
- Work with Black Tourmaline, Amber and Blue Calcite.

☹ You have a tendency to hide your problems and your agitated mind behind a cheerful and carefree masque. Your sleep is disrupted and/or your thoughts are tormented though you appear smiling and pleasant.

- Take “**Agrimony**” the Flower of sincerity
It will **calm tensions and nervousness**. **You will experience a real feeling of joy and true good spirits**. While recognizing at times that you may be tired or irritated.
- Work with Black Tourmaline, Citrine, Aquamarine (or Blue Calcite)

☹ You worry for the well-being of others, especially for your loved ones. You feel a lot of anxiety and you can have difficulty sleeping. You often anticipate the worst.

- Take “**Red Chestnut**” the Flower of autonomy.
It helps **calm the mind and reduces sleep issues** by stepping back to look at the worrisome situation differently and therefore trust life.
- Work with Hematite, Amber and Aragonite.

BUT ALSO ...

Take “**Olive**” if you need a lot of sleep and “**Hornbeam**” if your sleep is not restorative.¹⁰¹

MORE SUGGESTIONS

- Take the time to connect to nature.
- Close your eyes when you are in a forest.
- Listen to the wind and the sound of the leaves.
- Listen to the birds singing and the sound of your footsteps.
- Circle a tree trunk with your arms for a few seconds and feel its strong and reassuring energy.
- Sit with your back to a tree and feel its energy in your spine. Feel its strength and peace. With your eyes closed, connect with its energy by visualizing a horizontal line between your chest and the trunk of the tree. You are in the present moment.
- Have a picnic, a bike ride.
- Listen to the sound of the ocean. Walk barefoot on the sand.
- Every day, under your shower, listen to the sound of the water streaming on your skin.
- Place a Blue Calcite on your night table near your head or under your pillow.
- Sleep with a bleu pajama.
- Have someone massage your head (or do an auto-massage).
- Get regular massages to relax the tensions in your body.
- When you get back home (or when you do a relaxation) wear stretchy pants to breath more easily (tight pants compress the stomach and belly breathing is more difficult).
- Before you go to bed, listen to soothing music and when you shut the lights, visualize pleasant surroundings to bring muscle relaxation conducive to sleep.