

"Stop Thinking"

**How to reduce your
thinking to help
create quality ideas**

By Paul Foreman

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Also available:

"Drawing Tips for Mind Mapping" 110 Page E-Book by Paul Foreman

"How I drew my Mind Maps" 71 Page E-Book by Paul Foreman

"Idea Creation" 101 Page E-Book by Paul Foreman

See end of E-Book for further details

E-Books available from Mind Map Website:

<http://www.mindmapinspiration.co.uk>

Mind Maps ® were invented by Tony Buzan

Mindmapping helps us progress from "linear"
(one-dimensional) through "lateral" (two-dimensional)
to "radiant" (multi-dimensional) thinking.

For more information visit: <http://www.buzanworld.com>

Paul Foreman



I have a passion for exploring creativity.

I love drawing and experimenting with abstract art
and my main area of interest is creating Mind Maps

I am self taught and have a simple cartoon like style

The purpose of this FREE e-book is to offer guidance on
how to reduce your thinking to help create quality ideas.

Rather than being a list of answers, it will provide
pointers and suggest avenues to explore.

My first E-Book "Drawing Tips for Mind Mapping" covered basic tips and
techniques for how to draw. My second E-Book "How I drew my Mind Maps" looks
specifically at the techniques I use to create my Mind Maps plus a few surprises!
My third E-Book "Idea Creation" leads you towards the land of infinite possibilities:

Never be stuck for an idea again!

More details of these E-Books appear at the end.

I hope this FREE E-Book helps you enjoy the journey
towards expanding your unique creative talents.

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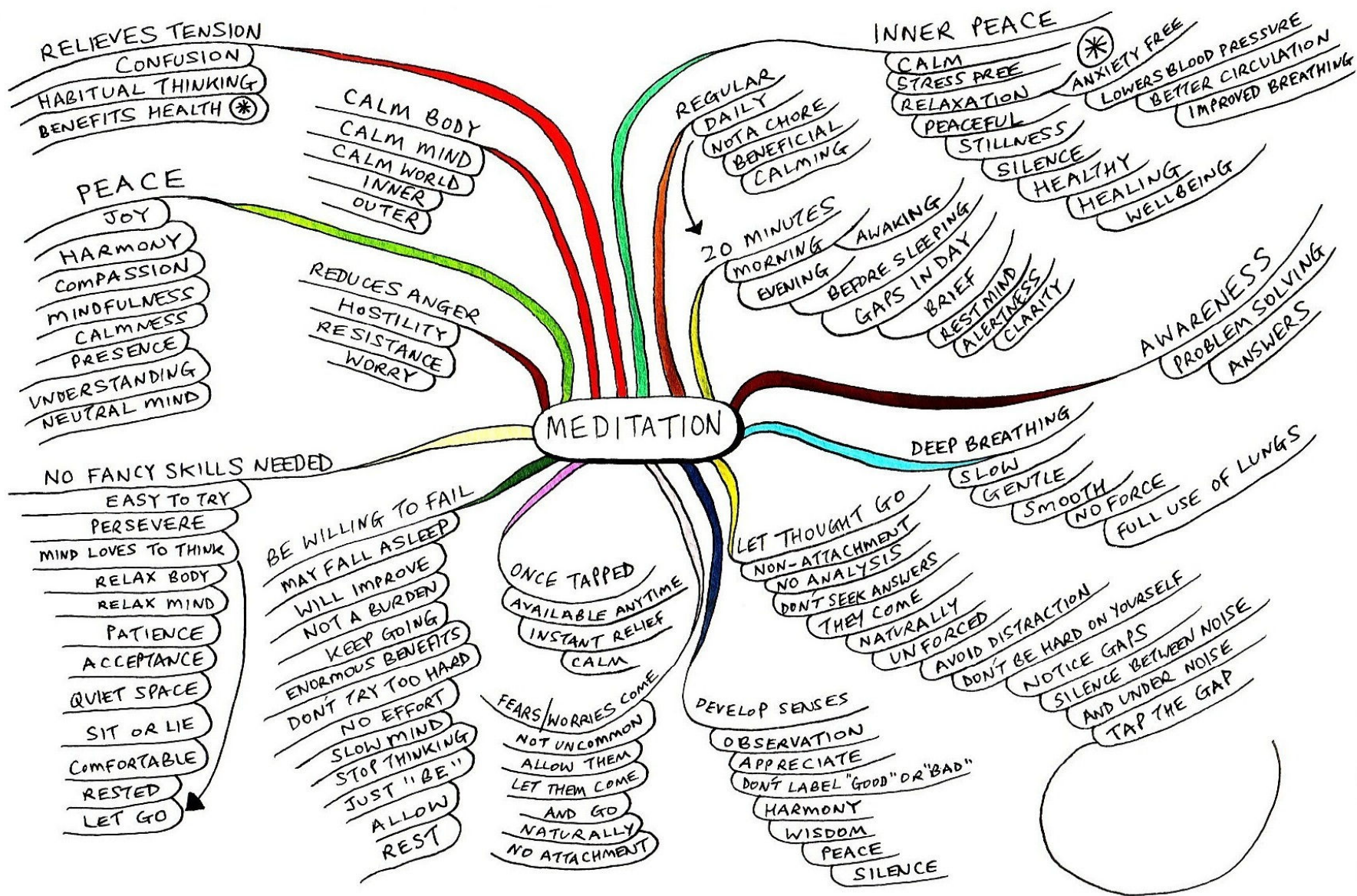
Rushing Mind Map

Present Moment Awareness

Throughout this E-Book there are links to original Blog Posts and images should you wish to link to them, bookmark them or download images

For ongoing Mind Maps, drawing tips and creativity you may wish to subscribe to the Mind Map Inspiration Blog below:

<http://www.mindmapinspiration.com>



Original Blog Post:

<http://www.mindmapinspiration.com/meditation-mind-map-paul-foreman/>

Why meditate?

Meditation calms the mind and helps you tap into a state of awareness that brings you inner peace. It gives you total relaxation and is ideal to relieve stress and anxiety. There are many health benefits associated with meditation, including lower blood pressure, less stress and improved breathing and circulation. It relieves tension and brings peace, joy, harmony and compassion into your life.

Where can I meditate?

Initially, you may prefer to find a quiet space to sit or lie down for about twenty to thirty minutes. Later, as you become more accustomed to meditation, you will be able to meditate whenever and wherever you wish, even next to road-works without worrying!

How to meditate

Ideal times to meditate are on awaking and prior to sleeping.
Meditation can then very easily become part of your daily routine.

Sit with a straight back or lie down whichever feels more comfortable.
You can if you wish, place each thumb on the first two fingers of each hand and relax your arms either by your sides or on your stomach (this is not essential, yet it may help you focus without trying too hard).

Close your eyes and slowly start to let go of everything.
If you wish, say to yourself 'Let go' to help encourage relaxation.

No effort or force is required.

Let go of all your problems, any planning, future appointments, future concerns, past concerns, fantasies, whatever might be occupying your mind - just let go.

The only energy you need is an awareness that stops you falling asleep or day-dreaming! That takes a bit of practice so be patient and don't be surprised if you do nod off at first!

Try to calm your mind and observe silence.
If there is noise present, pay attention to the gaps between the sounds.
If it helps, you can observe your breath or navel or imagine an object.
If you feel your mind wanders or thoughts come in,
you could try imagining a white or black wall and just be patient as you wait for your thoughts to subside.

If thoughts arise, simply observe them and note – “there is a thought”, then let it go.
There is no need to investigate the thought.
It may take several attempts to clear your mind.
It is common for your deepest worries to appear;
allow them in and observe them, without making any judgment and you will notice that they will float away naturally.

You will soon see how thoughts cannot harm you unless you let them.
They are just thoughts!

Often more thoughts appear than normal in the early stages of practicing meditation – observe them and try to let them go. Laziness, impatience, restlessness, doubt and fear can all creep in when meditating. Simply relax, as it takes patience and practice at first.

When going about your day, start to listen more to the silence and stillness beneath the sounds and the space between words; music is created by the space between the notes not the notes themselves.

Develop your senses when you are with nature and observe nature in silence, becoming aware of the stillness in trees, plants and flowers. Soon you will start to experience the present moment with greater appreciation and attention, clarity and alertness.

Book Excerpt:

From "One Minute Wisdom" by Anthony De Mello ISBN 0385242905

"The governor on his travels stepped in to pay homage to the Master.

"Affairs of state leave me no time for lengthy dissertations," he said.

"Could you put the essence of religion into a paragraph or two for a busy man like me?"

"I shall put it into a single word for the benefit of your highness."

"Incredible! What is that unusual word?"

"Silence."

"And what is the way to Silence?"

"Meditation."

"And what, may I ask, is meditation?"

"Silence."

Suggested Reading:

Principles of Meditation by Christina Feldman

The Power of Now: A Guide to Spiritual

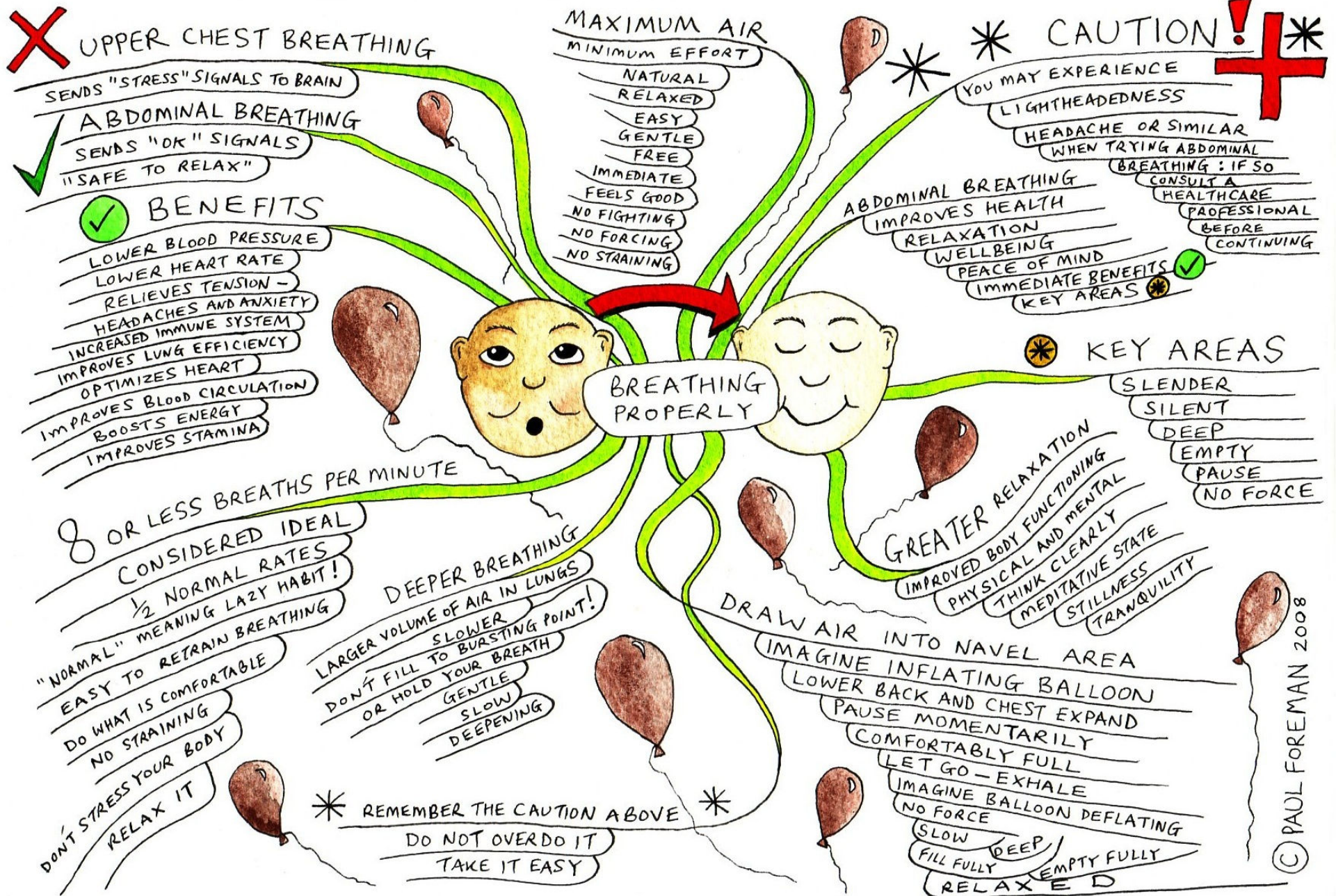
Enlightenment by Eckhart Tolle

One Minute Wisdom by Anthony De Mello

What is Meditation? DVD version - also available on Audio CD

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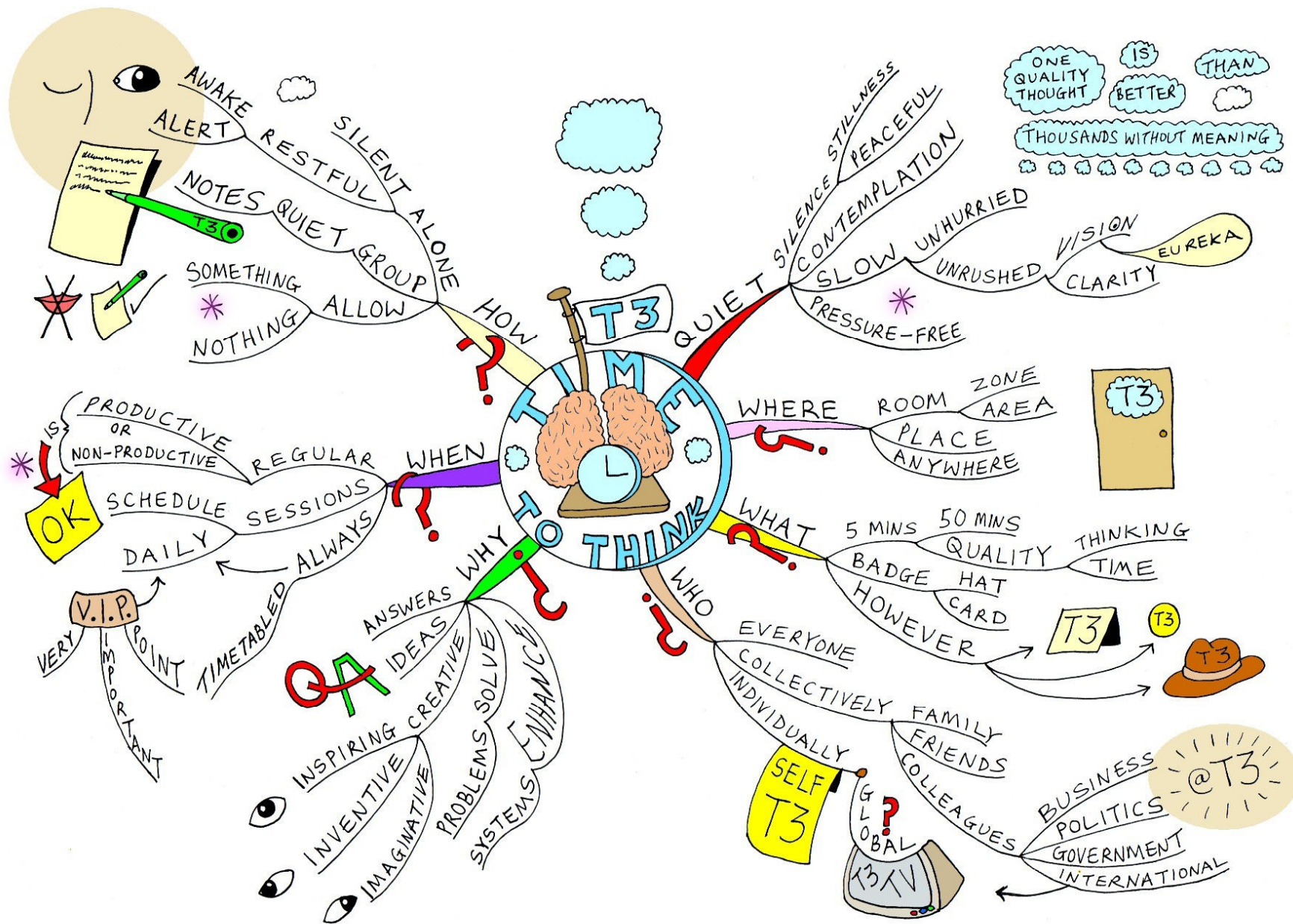
Breathing Properly Mind Map:



T3 or
“Time to Think”

Original Blog Post:

<http://www.mindmapinspiration.com/time-to-think-mind-map-paul-foreman/>



Time to Think Mind Map

Here is an idea for individual and group schedules - simple T3 breaks (T3 = Time to Think)

T3 doesn't mean tea-free by the way – drinking tea or water would be a good idea, as hydration is of course beneficial and a basic functioning requirement.

I have experimented extensively with this suggestion, learnt from personal experience and have found it to be a brilliant system for creativity, idea generation planning, prioritising, time management and organisation.

After reading this, perhaps you may give it a try too, either personally or in a business environment or both.

If you wish to give feedback on T3 please do –
you can leave comments at the Blog post about T3

or

email me directly; Paul at creativeinspiration@live.com

What is T3? It is simply setting aside a time each
day for silent contemplation. In short “Time to Think”

Before you discount T3 or think it is nothing new, or
unlikely to work, consider what it is going to cost to try it.

Nothing.

The key to T3 is that it centres on quiet contemplation –
allowing **silence** to be the medium for answers
and ideas to arrive. The quieter you become the
more creative and productive you will be and the
key is a “pressure-free” environment –
if ideas don’t come instantly that is ok too.

T3 isn't your normal meeting or brainstorming session and it isn't an excuse to go off and slack somewhere. If done correctly, T3 will be innovative inventive and creative.

Time spent in T3 can be anything from 5 minutes upwards.

A short T3 break in a quiet room or even outside among nature would be far more beneficial than any stuffy pressurised meeting sat around a table or putting yourself under pressure to finish an assignment.

Meetings of course have their place, yet unless you have an open, relaxed and honest arena, so very often everyone is so preoccupied with not looking stupid by saying the wrong thing that they end up saying nothing; result – very few ideas arise. Another drawback of meetings is they are often time scaled –

T3 is timeless; open-ended and with no limitations.

Ideas come when they are ready and T3 is simply a portal for allowing ideas in. It can be used in groups or individually. Sometimes answers will come and sometimes they won't and that is good too. The reason it is good is because you are waiting for quality ideas and quality ideas sometimes come instantly and sometimes they take time.

T3 is about nurturing the right medium for potential and allowing that potential to come when ready.

There is nothing wrong with saying

"I'll come back to you on it", be it a phone call, email, face-to-face, whatever. Sometimes pushing for an instant answer gets an instant thought or reaction and probably a wrong one unless you are fortunate enough to be right on a regular basis or have the gift of saying the right thing at the right time.

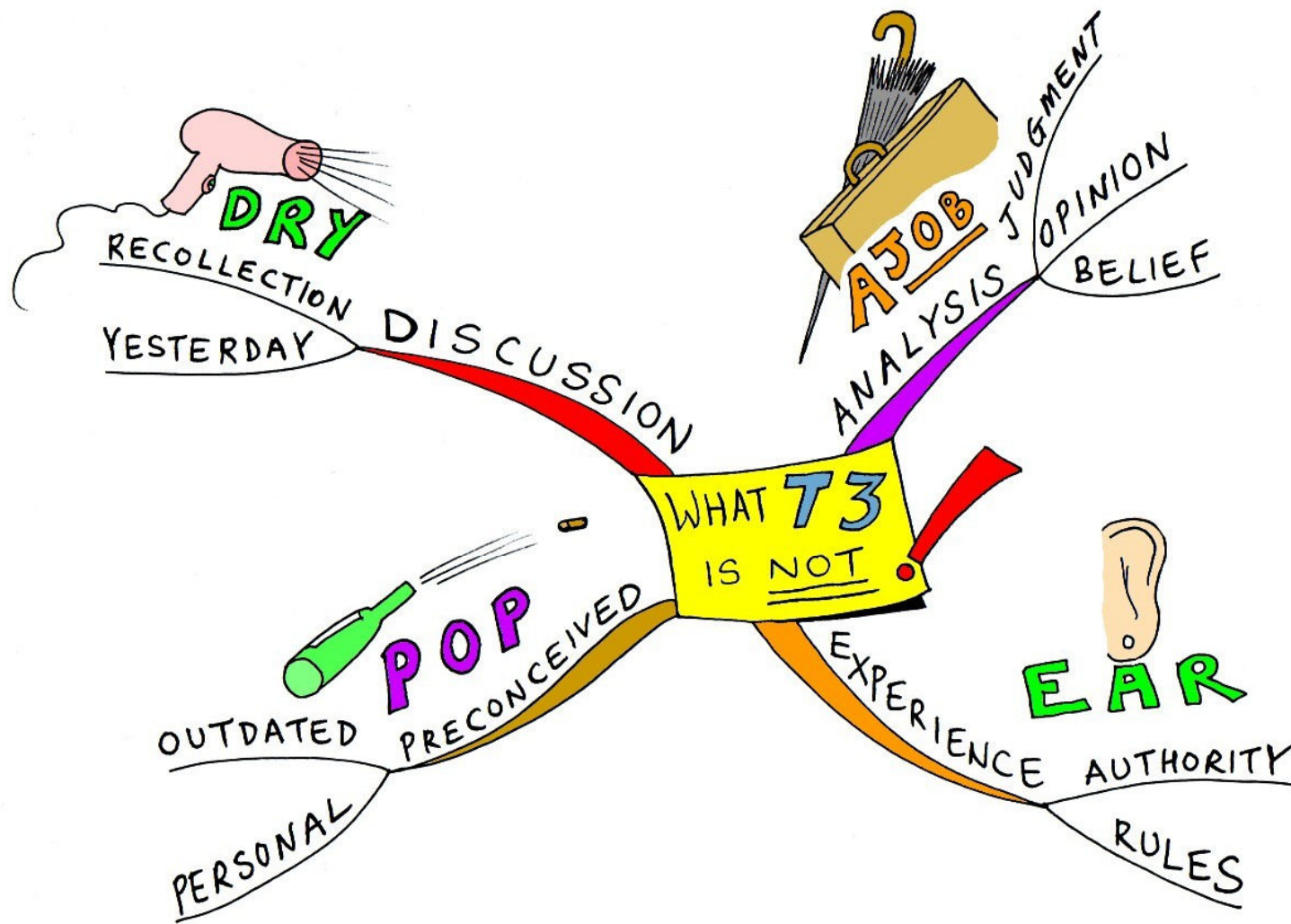
Personally, I don't – I need to think things through and sometimes for a long time before creating anything I consider productive. If you rush me into an idea I will probably not deliver a quality idea, yet if you give me time to consider things through I might just come up with a gem.

Time isn't an element in T3 – in fact, just the opposite –
time is irrelevant. Hence “Time to Think” –
it means take as long as you like rather than
“Right, now it is time to think – come on – think!”.
Naturally, there are occasions when an instant
decision needs to be made; this isn't what T3 is about –
T3 is about ideas, progress, suggestions and possibilities,
finding alternative ways without necessarily reinventing the wheel.
T3 may not work for or be appropriate to everyone.

T3 is pretty much a meditation, and so not only will more ideas come, you will feel more relaxed too. Inventors and scientists use this technique whether on purpose or not – in fact, we all use it to a certain degree when we say “I’ll sleep on it”.

Pressure isn’t necessarily put on scientists to come up with instant answers or overnight solutions to problems; sometimes processes take time and sometimes the “aha” moment comes in a flash as if by magic. If you cast your mind back to school, the teacher asks the class a question and the quickest hand in the air gets to speak – there could be dozens more sitting there with the answer, possibly even a better one and suddenly speed can be seen as a measure of intelligence. T3 is the opposite – T3 says come with answers when the answers come.

What T3 is not; here are some suggestions:



T3 could be taken and developed further or
used in combination with other systems:

In organisations from ground to board level,
what if everyone got to contribute?

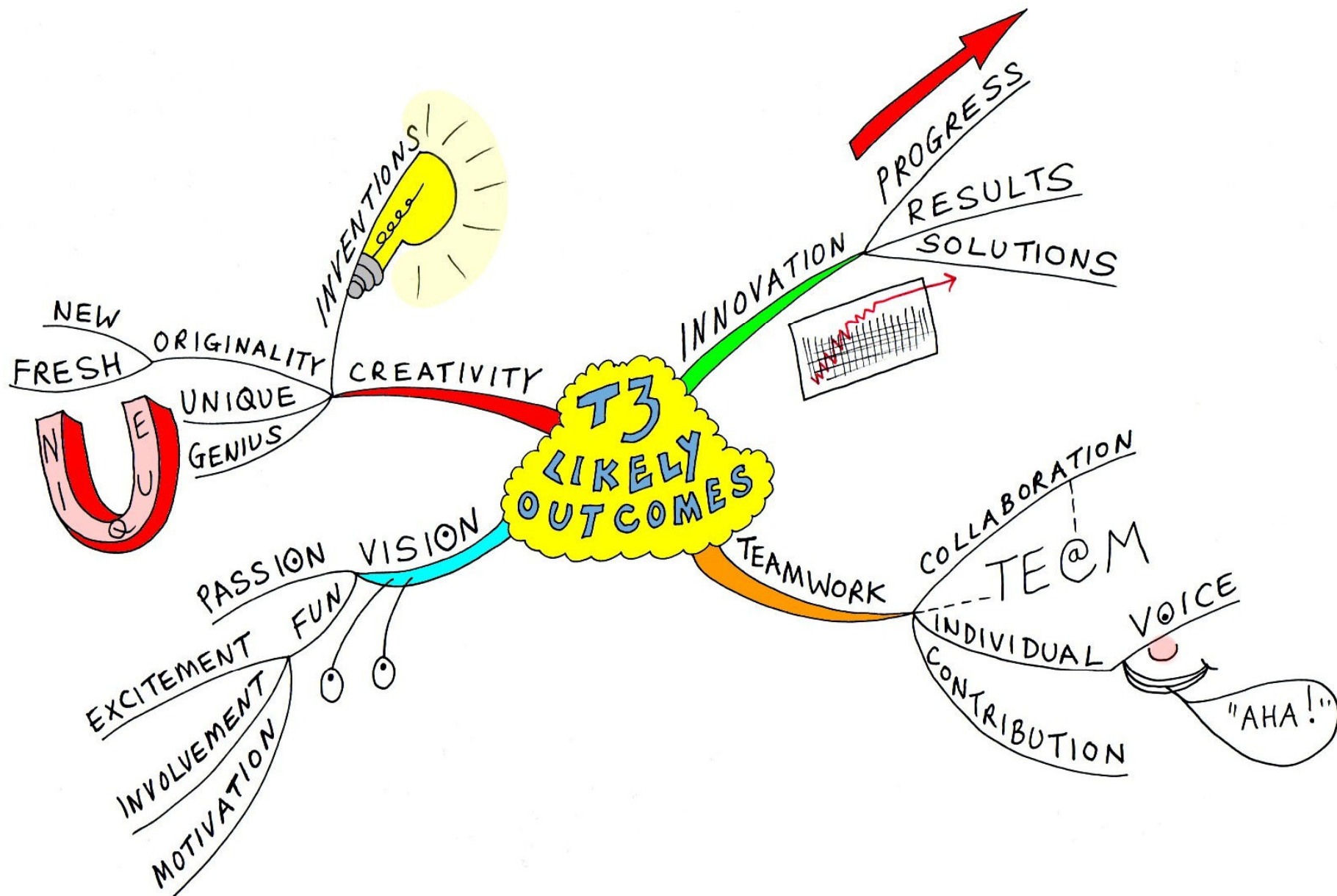
Truly contribute, two-way communication, sharing ideas,
contemplation, discussion and feedback and what if it was
recorded using Mind Maps; time, date, contribution, contributor.

Gone would be the days of mentioning an idea only
to have it introduced by someone else as their idea.

Scary? Only to those not creating.

Yet, rather than using fear – be it fear to perform or
fear to suggest and “fail” - T3 would encourage everyone
to participate. Part of using T3 would be to eliminate fear,
invite teamwork and very importantly not use it as
a measure of ability, because that would dump you back
at square one at fear. Failure should be encouraged;
it is what gets to results. If T3 uncovers raw talent –
great; if that talent then gets rewarded with a
well-earned bonus or even a thank you – simple
recognition for a job well done, there is a motivational
incentive to contribute. Rewards don't necessarily mean
those that haven't contributed are lacking because
they too could be future producers if encouraged.

What would happen if a dozen plus people sat in total silence, jotting down thoughts or Mind Mapping ideas on a given subject without a fixed agenda or timescale?
Simply adding ideas on a regular basis to a central pot for consideration. Here are some likely outcomes:



On an individual level, T3 allows for greater creativity – art has long been used as a therapy and what better medium than Mind Maps to combine radial thinking and creative art to foster new thinking. Taking it a stage further, combining Mind Maps and T3, suddenly there are hundreds of possibilities opening up before you in a relaxed environment. (Because of the nature of Mind Mapping there is already a built-in element of T3 in action.) Mind Maps do not suit everyone so it depends on the individual how they would participate in T3.

Unhurried contemplation brings to light possibilities that are otherwise inaccessible when struggling or churning your mind. You can rack your brains for days and then during a daydreaming session or a moment of relaxation because your mind is off the search for a solution suddenly "eureka". One quality thought is better than thousands without meaning.

You could try T3 on a personal level; perhaps work it in to your schedule for a month, setting aside a time each day for silent contemplation. Making this a regular part of your routine is better than seeking a miracle through desperation and turning to T3 with too higher expectations because something has suddenly gone wrong. (The chances are that in that frame of mind T3 will not work either!)

You could use T3 for a specific topic or a number of subjects and the times could be anything you decide to allocate from five minutes up to an hour or more, although small regular chunks will probably be more productive.

I hope you will try T3 and I hope it works for you as an additional tool to creativity and thinking.

Here are a few questions to get you considering T3 – if you have any others, you can email me if you wish:

Paul at creativeinspiration@live.com

Do you like the idea of T3?

Is it something you would try personally?

Would you suggest it to your company?

Are you able to introduce it into your company?

Do you personally use a similar idea?

Is your company already using something like T3?

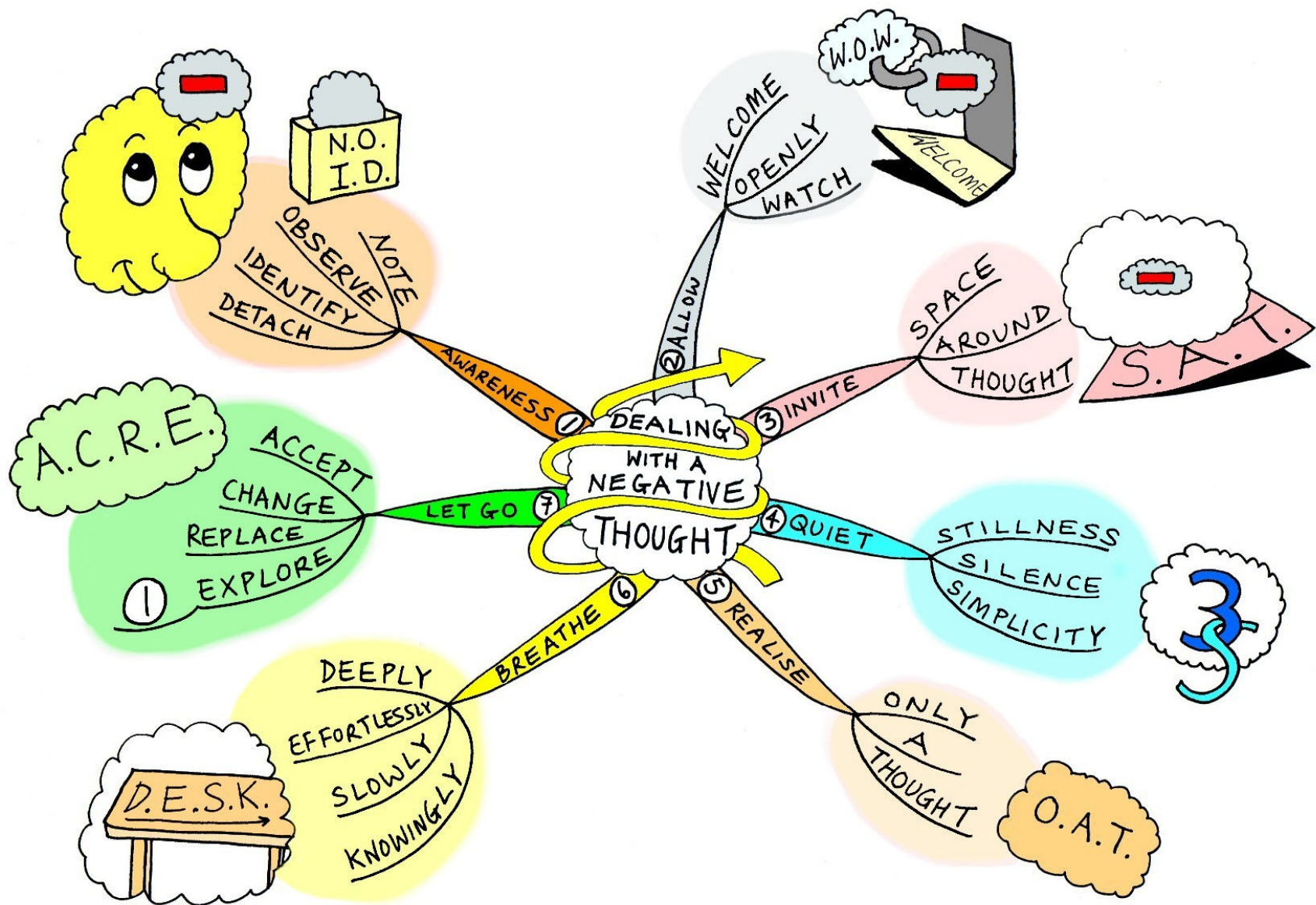
Has it worked? If so – why, if not – why?

If you were to try T3 - do you think it would work?

What else do you think about T3?

Are you willing to try T3?

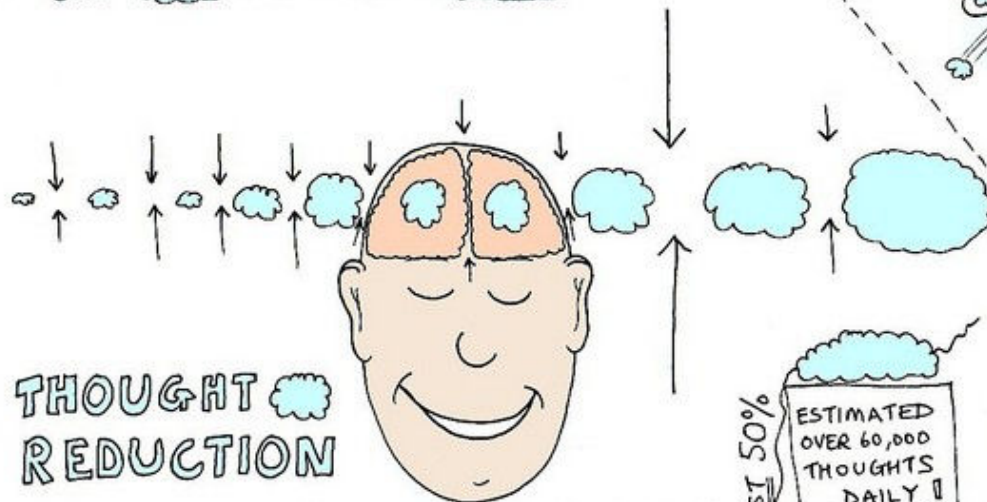
Next – a Mind Map for Dealing with Negative thoughts
when they do arise, rather than wrestling with them:



The following illustration summarises “thinking” and is a prompt to identifying when you are trapped in thought:

USE THINKING

DON'T LET IT USE YOU!



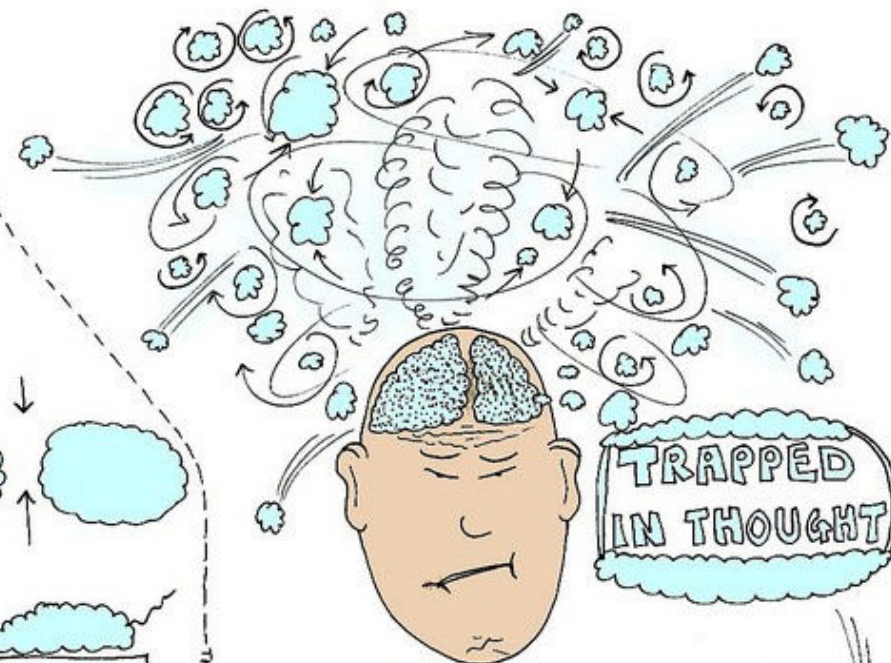
THOUGHT REDUCTION

- ALLOWING GAPS BETWEEN THOUGHTS
- COMFORTABLE WITH SILENCE
- GROUNDED IN THE PRESENT MOMENT
- ALERT, CALM, FRESH, VIBRANT
- ALIGNED WITH "NOW"; ALL THERE IS
- NON-RESISTANCE TO "WHAT IS"
- PATIENCE, RELAXATION, HAPPINESS
- NO PROBLEMS; TOTAL PEACE

ESTIMATED
OVER 60,000
THOUGHTS
DAILY!
REDUCTION
IMPROVES
CALMNESS,
CREATIVITY,
WELLBEING,
GENERAL
QUALITY
OF LIFE
AND
PEACE

SUGGESTED REDUCTION AT LEAST 50%

THE THIN LINE BETWEEN



TRAPPED
IN THOUGHT

- TOTALLY ABSORBED IN THINKING
- REPETITIVE PATTERNS CHURN
- "LOST" IN THOUGHT
- UNAWARE OF SURROUNDINGS
- ANTAGONISTIC INNER AND OUTER
- INEVITABLE FRUSTRATION
- RESISTANCE AND ANGER
- IMPATIENCE AND NEGATIVITY
- PROBLEMS

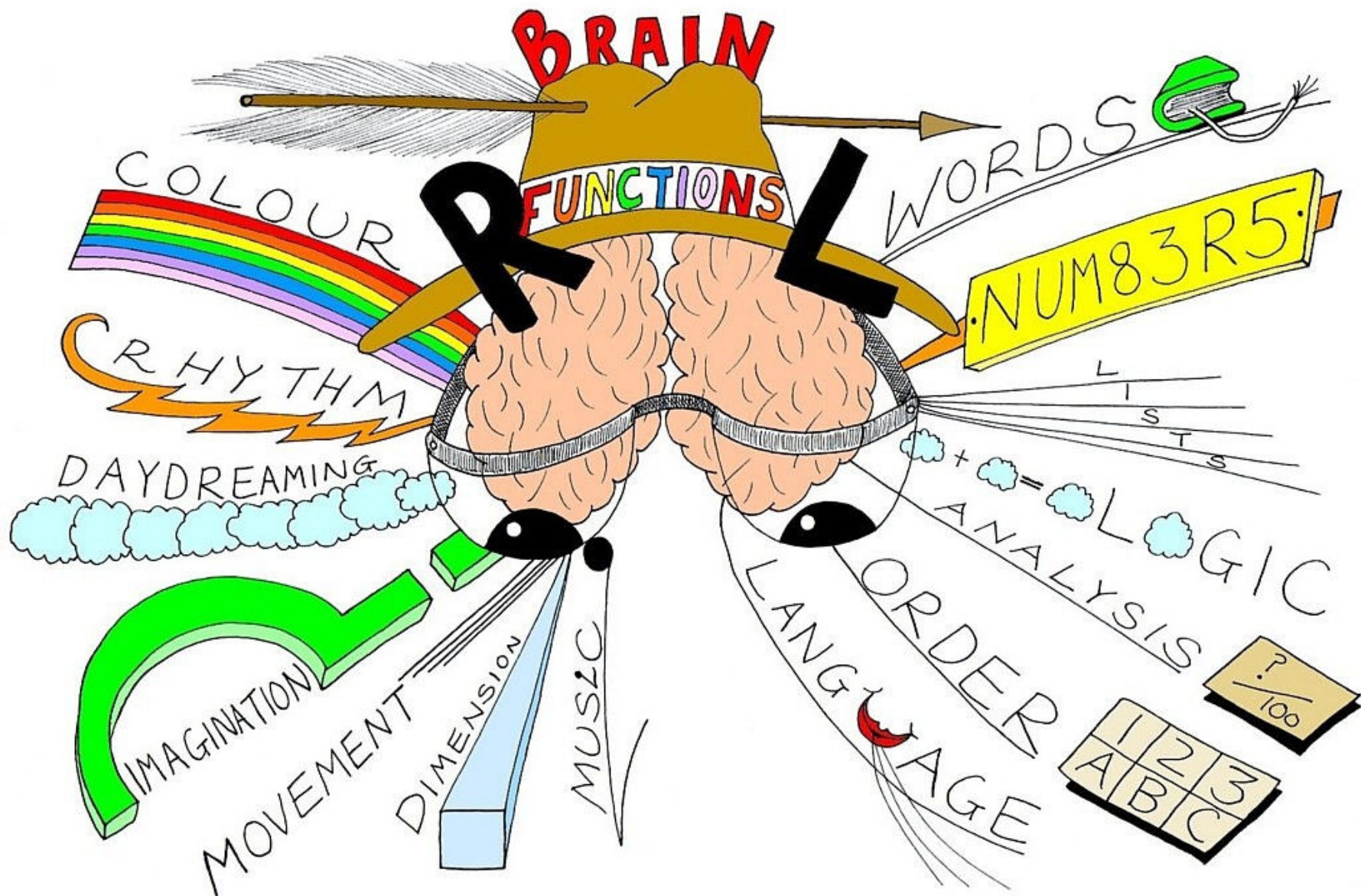
Thinking outside the box is a well-known phrase for encouraging different or new thinking - below is a Mind Map offering a few avenues for exploration and consideration; also keep in mind the basic 5W 1H structure which is a brilliant set of questions to apply to your thinking:

5W 1H: Who – What – Where – When – Why - How

Why I use Mind Maps

Original Blog Post:

<http://www.mindmapinspiration.com/why-i-use-mind-maps-by-paul-foreman/>



Your brain thinks in images

As you will discover from reading Tony Buzan Books, he explains that we think in pictures – our minds process in images. If you think of a chair or someone mentions the word "chair"- your mind immediately pictures a chair; even in a certain style, condition, colour and size etc.....you might even start to recall a time when you fell through a deckchair and an ice cream spilt all over your new shirt.

Lists are boring

A long list of text can send you (and your mind) to sleep.

Whilst huge detail can be useful and is often necessary, simplification aids memory and recall and helps improve learning. Pictures alone cannot always tell a story, so combining words and pictures is the perfect solution to making learning more enjoyable.

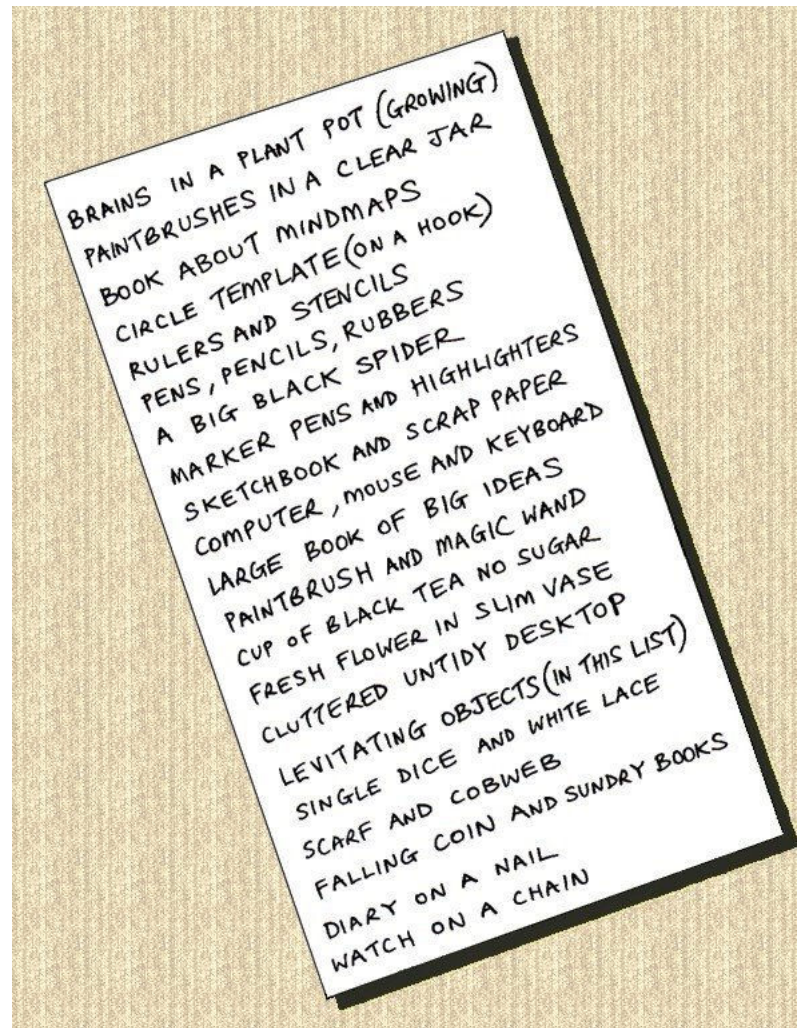
Often dozens of pages of words with no pictures can leave you wondering whether you are actually taking anything in at all.

Anyone who has built a ready made piece of furniture and followed the instructions will know the importance of simple and easy to follow steps!

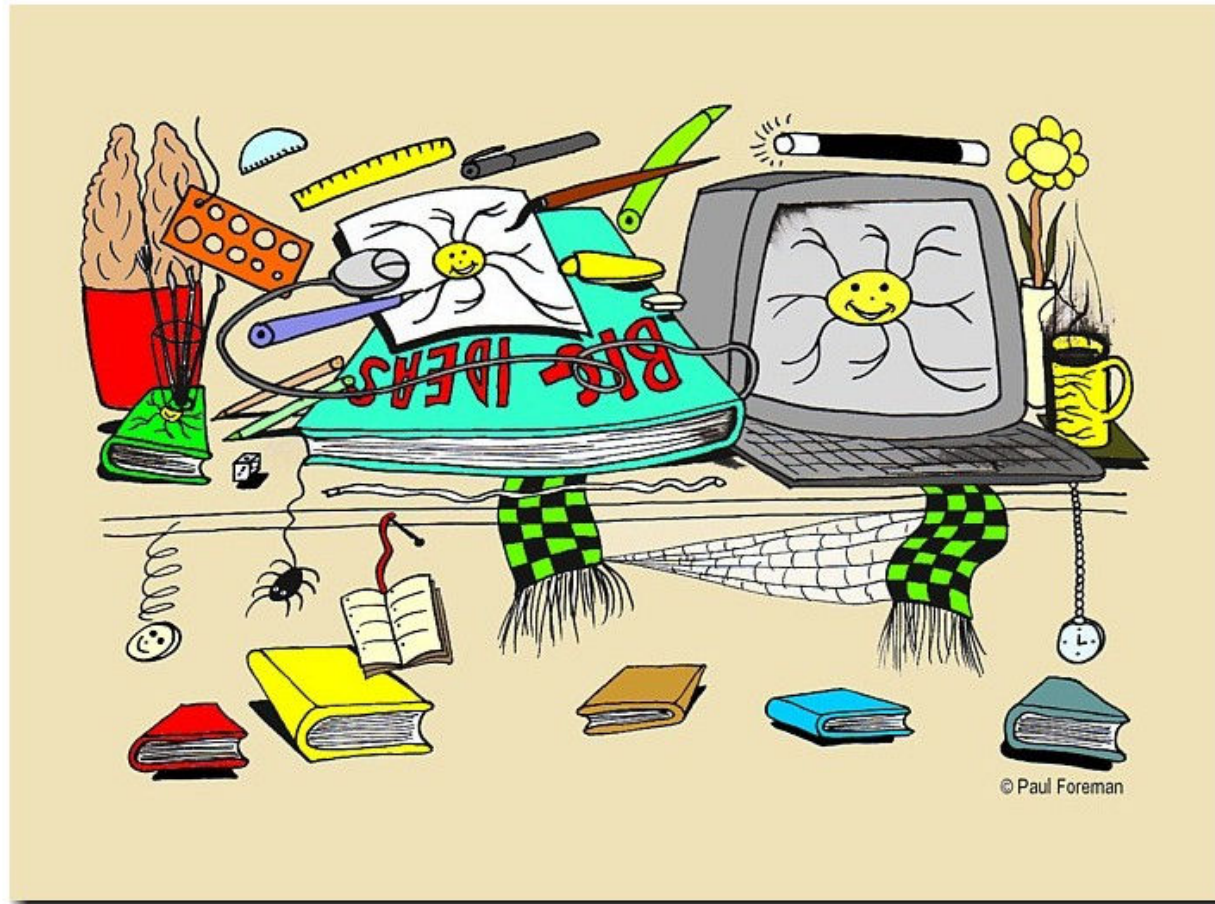
Putting up a tent is another example - if only they added numbers and colours to the poles; how much simpler it would be! (You could add your own)

As in the case of the chair above - your mind knew what a chair was instantly; it didn't really need the mass of extra information...by the way, I forgot to mention mine is also a wobbly chair, light brown, approximately 95 years old and has a small spider living underneath the padded seat area, which is a light beige and burgundy check pattern (the padded seat, not the spider) and has a small tear to the left where a popper from an old pair of jeans caught it once and....zzzzzzzz. Anyway - enough words.

Quick list coming up



This is a pointless list - it just serves as an example so that I can demonstrate that your Mind prefers pictures because they are far more interesting...here is the same "list" in picture form – notice how much easier it is for your brain to drink in the information:



So, after all that - and to cut a long story short; the reason
I use Mind Maps in one word is that they are "fun"



**Enhancing Creativity
Through
Thought Reduction**

Those familiar with Spiritual practices and meditation will almost certainly be aware of what is known as “The Gap” – the place of no thought; or the space *between* thoughts.

Tapping the Gap and allowing the mind to quieten not only brings peaceful relaxation – it also fosters fresh, original and vibrant uncluttered thinking.

This is not a new idea – it has been around for centuries and used by many great geniuses such as Michelangelo and Leonardo Da Vinci

By letting your thoughts subside and through patiently becoming comfortable with observing any passing thoughts without attaching to them, your creativity and idea generation will increase significantly. Not only will the number of ideas you have soar – the quality of those ideas will improve dramatically.

It is very easy to experiment with this:

Meet whatever you are doing through silence and stillness and you will experience the task in a totally different way. Try simple chores at first like brushing your teeth or eating without thinking or constant thought activity. Work up to other tasks and see how much better you perform without distraction of thought. You may find that you have fewer accidents and make less mistakes as you progress; which is handy when chopping food for dinner preparation, yet that is an added bonus.

The intention here is to foster creative ideas through reduction of thought; and to do so effortlessly, without getting upset with yourself if you do not get instant inspiration.

You may be thinking – well, I need to think to perform; and of course that is true up to a point. Yet there are tasks where you know exactly what you are doing inside out and so your mind constantly wanders off until you are hardly aware of what you are doing anymore; auto-pilot has engaged and you are practically falling asleep!

By reducing thought activity, your senses become more attuned and you are more fully aware of the present moment in which you are undertaking whatever you are doing – and consequently what you are doing is of a greater quality and more enjoyable.

So, reducing thinking improves what you *already* do.

Yet the main focus here is to create new exciting ideas and enhance your creativity and that can also be done by thought reduction

Whenever you are racking your brains for an idea it is hard work and it almost always ends up frustratingly non-productive.

Scrunched up bits of paper fly one after the next to the waste-paper bin, pencils get chewed and deadlines are missed or your work gets completed yet it turns out below a standard you would like it to be.

Sometimes you may stare at a blank piece of paper or computer screen for ages and nothing comes through. Often, after a short break, you can return with fresh eyes and everything seems easier.

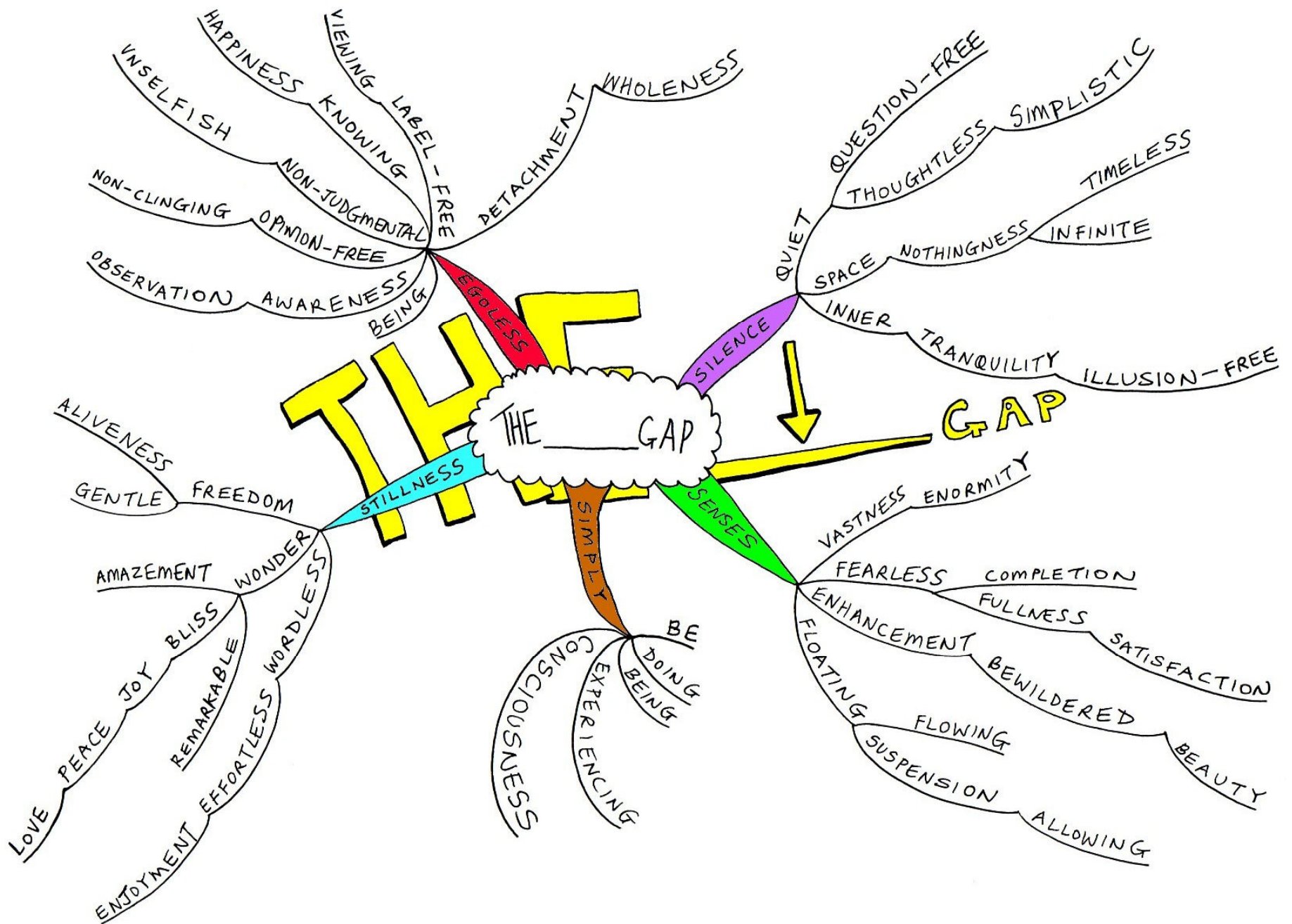
Congratulations – you are normal.

You are also half way there.

By tuning in to silence, becoming patient, slowing down and allowing your mind to go quiet, answers come to you in their own good time.

Listening to silence isn't something everyone is familiar with and for others it seems impossible and can even feel eerie or frightening. Yet with practice and by building up in small doses, you will quickly become more comfortable with reducing your internal chatterbox.

First a quick Mind Map about getting into "The Gap".



By tapping “The Gap”, which is simply the space between your thoughts, you can allow your mind to slow right down and start to observe thoughts as they enter your mind, gently letting them come and go without following them into a story in your head.

If you are undertaking a task, you will see that what you are doing begins to flow, without much requirement on your part to make any effort and certainly without any stress or strain.

Instinctively you are already doing this to a degree: you have probably searched your mind before trying to remember somebody’s name without success and then as soon as you relaxed, or later that day, it came to you as if by magic.

Another example is the 3D illusions that you may have stared at for ages waiting for your eyes to allow the image to appear – the harder you try the less likely it is that it will rise up from the paper; yet once you relax or even stop trying suddenly it just comes alive.

Observing a painting is another great example – viewing without thought can create movement and excitement, drama and stillness or nothing at all; yet it is a totally different experience to constant analysis and mental interpretation. Viewing without thought is its own beauty; you may even see old paintings in a new way.

If you paint, try painting without thought – you will be amazed at the difference in your work.

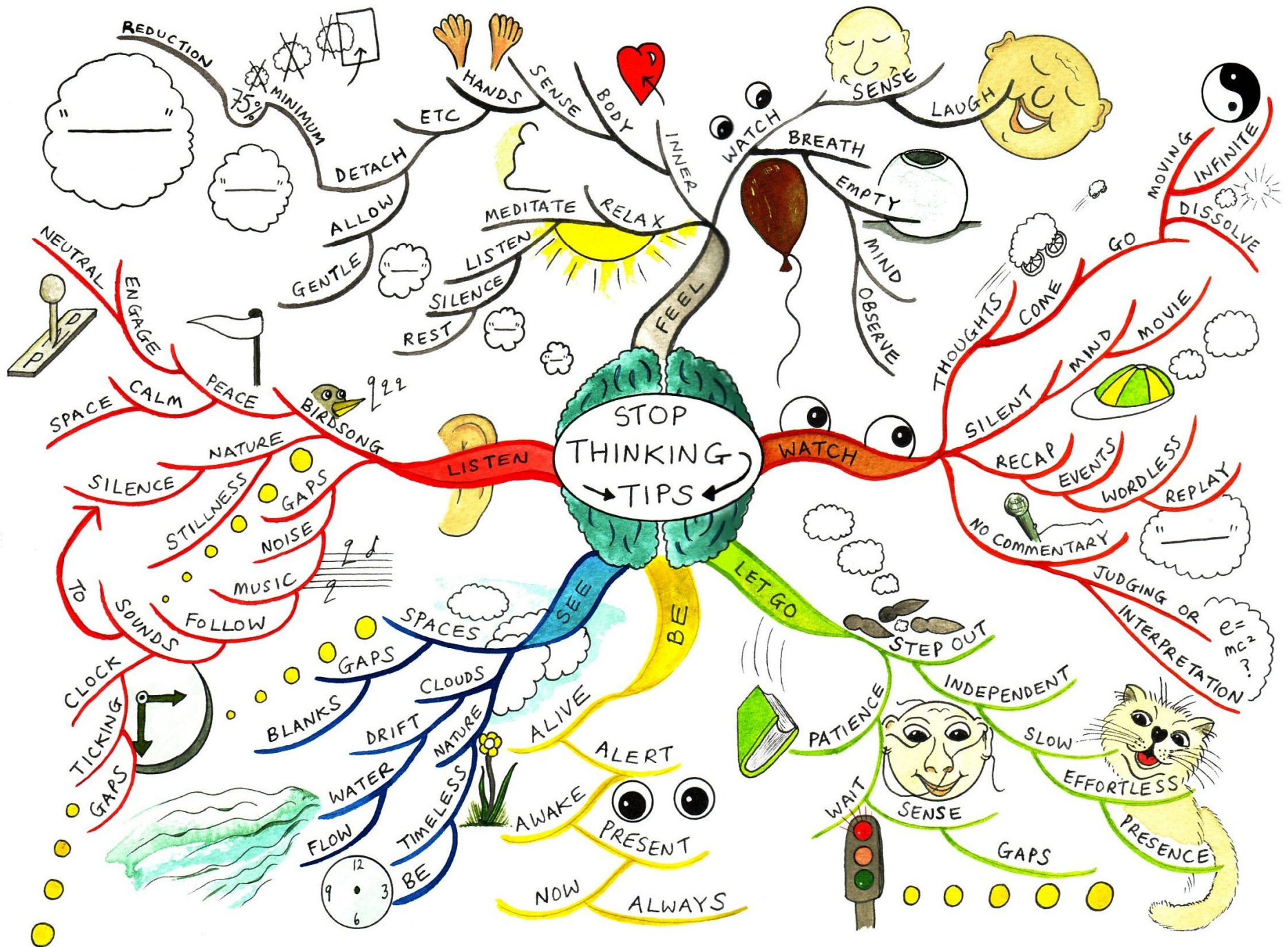
If you write; try writing from stillness and let it flow naturally rather than stressing, forcing or putting yourself under pressure.

If you enjoy walking or being with nature or animals – again, try meeting your environment without thought.

To reduce your thinking can take months to master.

Yet it can be sampled instantly.

You may need some tips, so here is a Stop Thinking Tips Mind Map

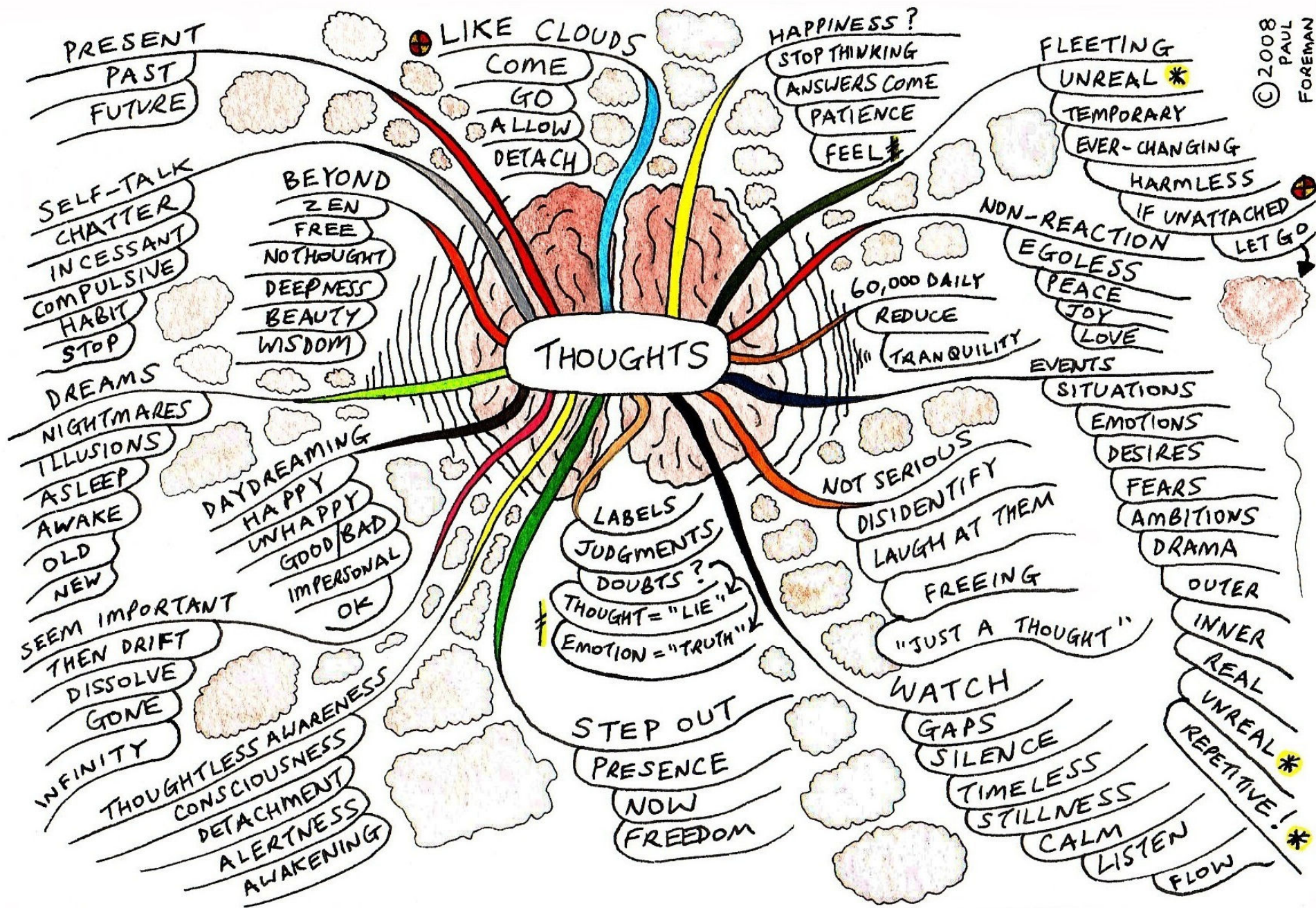


Amazingly we have over 67,000 thoughts every day and often they are the same old repetitive records playing from our past.

A great time to experiment with tuning in to silence is before sleeping, perhaps during the night if you wake or first thing in the morning when everything is much quieter. It is brilliant to get into the habit of waking up at least an hour before you normally would and have some quality time to yourself before your day begins.

If you make this routine you can use that extra time to learn something new, relax, meditate, draw, listen to music, write, etc

More about thoughts in the following Thoughts Mind Map



Hopefully there are enough pointers in this brief write up to get you started and allow you to experiment now with nurturing your creativity through the practice of thought reduction.

Have patience as you try it for yourself and don't be too hard on yourself if nothing happens immediately.

Good luck with your creativity

The next Mind Map has a rather alarming central image!

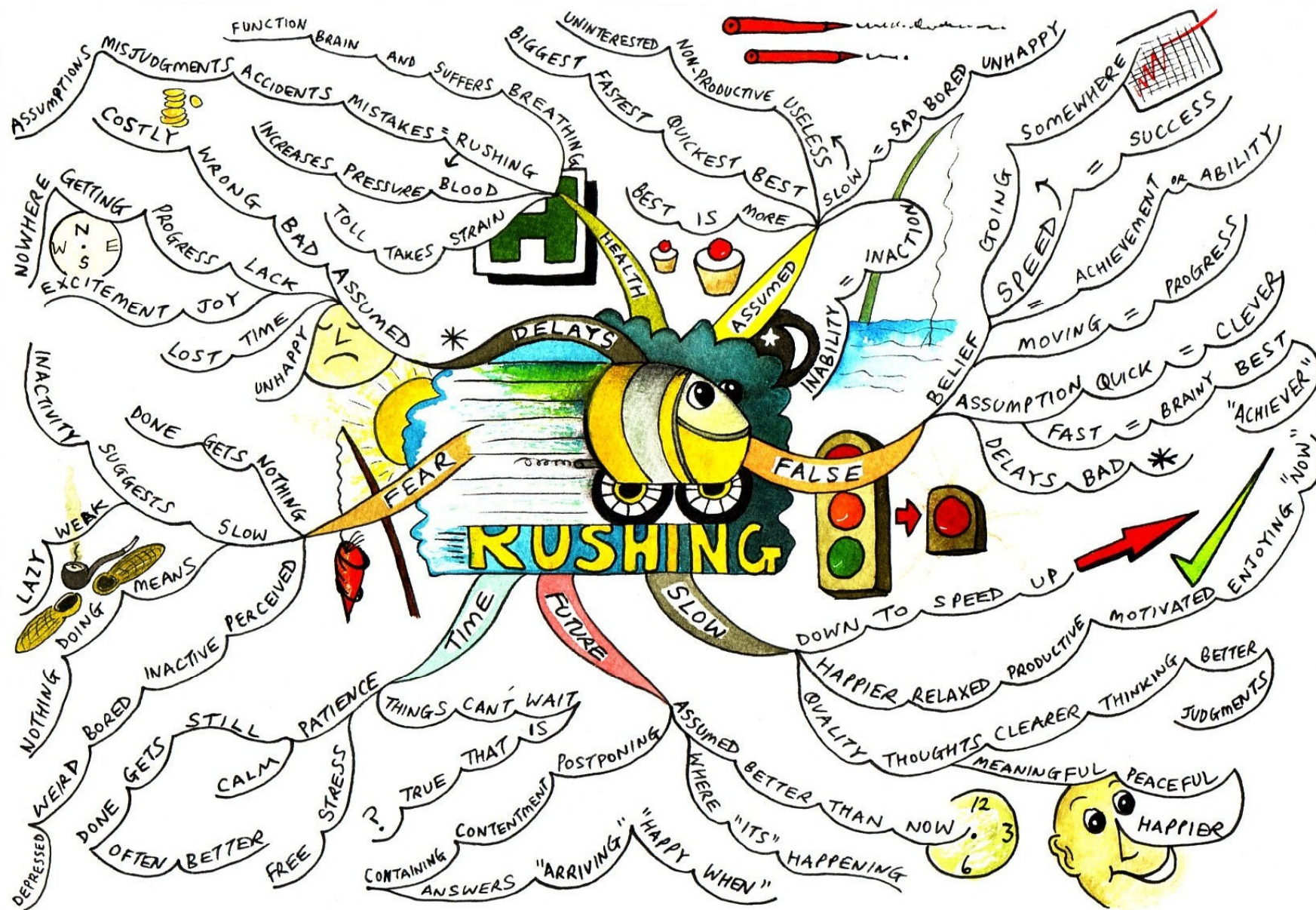
Much like some of our thoughts – once you investigate further they are not always what they seem – The Mind Map is a summary of the book “Taming Your Gremlin” by Rick Carson

Original Blog Post where there is also a link to a Book Review:

<http://www.mindmapinspiration.com/taming-your-gremlin-mind-map-paul-foreman/>



Here is a Mind Map to encourage slowing down
to enjoy life rather than letting it pass you by:



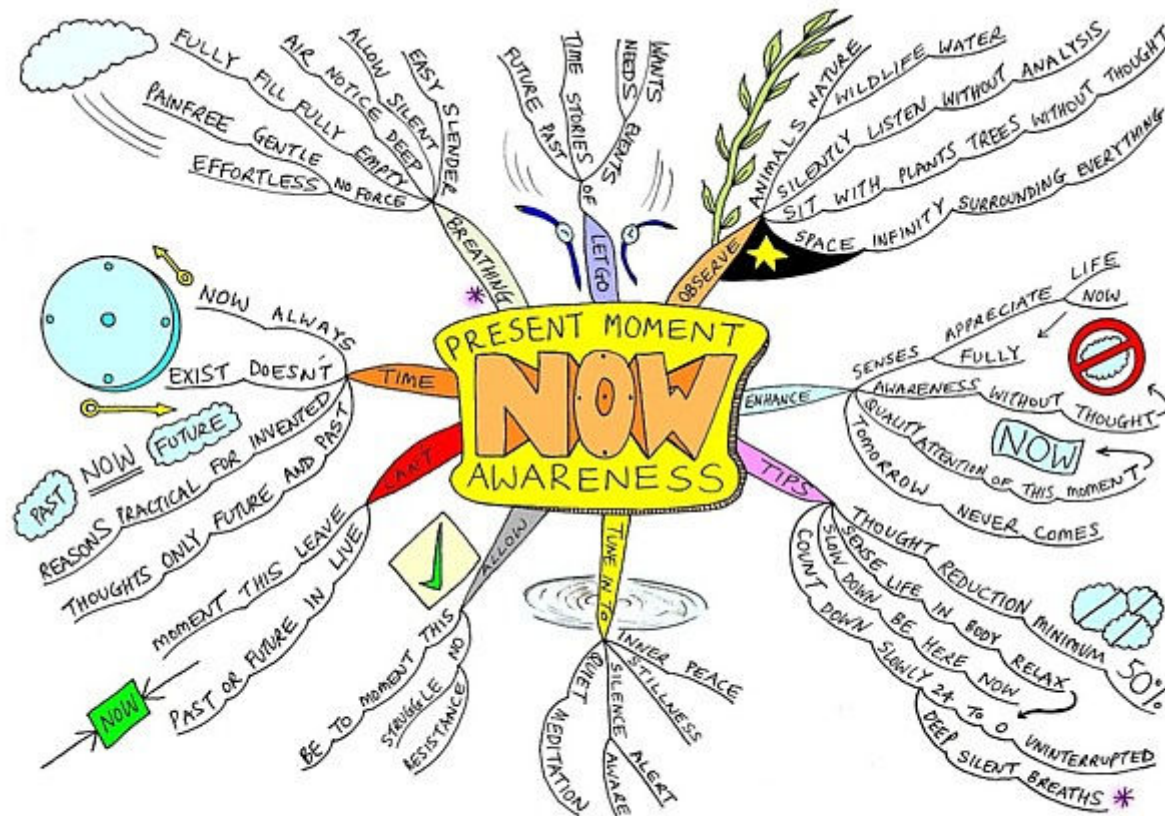
Slowing down to now and becoming content in the present moment will help encourage thought reduction and assist you in making better use of your thinking

The final section of this E-Book covers

Present Moment Awareness

Original Blog Post:

<http://www.mindmapinspiration.com/present-moment-awareness-mind-map-paul-foreman/>



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Larger version available within Set 14 - Spiritual Advancement Mind Map Set

<http://www.mindmapinspiration.co.uk/#/mind-map-sets/4530547872>

Bringing yourself back to the present moment

The Buddha said "I teach one thing and one thing only: that is suffering and the end of suffering"

Eckhart Tolle said "Spiritual awakening is awakening from the dream of thought"

Wayne Dyer said "Avoiding the present moment is almost a disease in our culture, and we are continually being conditioned to sacrifice the present for the future. Carried to its logical conclusion, this attitude is not merely the avoidance of enjoyment in the now, but an evasion of happiness forever.

Richard Carlson said "Stop Thinking & Start Living"

Byron Katie said "When you argue with
reality you lose - but only 100% of the time"

Yogananda said "You don't need to seek understanding outside
yourself - everything you want to know exists within yourself"

Jean Klein said "Living is to be found in the timeless now"

David Hawkins said "The true source of joy and happiness
is the realization of one's existence in this very moment"

These are just a few quotes from the many great teachers past and present.

There are hundreds more.

There is a common thread running through every spiritual
teaching that has ever come into existence...and ever will do.

And it is a simple one.

The common thread is living in the present moment.

Barry Long sums it up in four words:

"Only now is real"

A very simple message and yet it is all too easy
to become distracted away from the present moment.

It may be something on the outside that
distracts you, or it may be a thought.

Try carrying those four words of Barry Long with you
as you go about your day and see what a difference
it makes to your life experience....

“Only now is real”

Almost instantly you will begin to notice your surroundings
more deeply and by enhancing your senses, start to
appreciate or re-appreciate the beauty and simplicity of this present moment.
Look for colours, shapes and sounds. Notice your breathing;
notice also the gaps in sounds - brief moments of quiet between noise and thought.

“Only now is real”

If you wish, write it on a piece of card and carry the card with you to read as a prompt to remind you. Or, if you favour **memory techniques*** perhaps create a visual image in your mind that reminds you to come back to this present moment. Then, each time you see that image it will jog your memory. Examples might be clouds or sky.

There are more tips for present moment awareness later.

When attending to any task - are you fully focused on the task or is your mind wandering onto other areas to such a degree that the task in hand isn't really getting your full attention?

External distractions can be remedied fairly easily through action.

If you are distracted by a thought or thoughts however, it can be tougher to break through the distractions and focus on this one present moment and whatever you are doing in it.

*** Visit Adam Sicinski's Blog Post at IQ Matrix to learn more -**

<http://blog.iqmatrix.com/mind-map/improve-memory-number-associations-mind-map>

Losing the present moment causes many accidents!
I wonder if one day, insurance companies will ask you if you lost the present moment just prior to slamming into a stationary object.

It may be that one day - losing the present moment will no longer be a valid excuse for errors or insurance claims?

There are a few simple exercises and techniques which can help you come back to the present moment.

The Stop Thinking Tips Mind Map explores ways to reduce incessant thinking and take control of your thoughts.

Check out the suggested reading below for some great books that expand on present moment awareness and happiness.

Here is an excerpt from an article by Eckhart Tolle called
"How to Stay in the Present Moment"

1.

Inhabit the body.

Sense the aliveness that is in the body.

This takes your attention away from thought.

The practice of physical movements such as Tai Chi helps.

Sensing the body becomes an anchor for staying present in the now.

2.

Make it your practice to welcome this moment, no matter what form it takes.

Say yes to whatever is "now".

There is only one moment, but different forms of it.

The secret is not to resist these forms.

Surrendering to the forms that arise takes you to the formless in yourself.

You then sense a spaciousness around whatever happens in your life.

People, events, situations, objects come and go.

Being in the now moment liberates you from form, from the world.

With that liberation comes enormous peace.

What Eckhart Tolle says about inhabiting the body is simple to experience.

As you sit there, stop reading briefly and sense the life in your hands or any other body part right this minute. You could instead focus your attention on the air passing in and out of your lungs.

Notice also that as you do so, your thoughts stop.

See the Stop Thinking Tips Mind Map for more.

As you sense the life in your body you may detect a “buzz” or feeling of “life” inside you. This is a brilliant way to come back to the present moment because you can do it anytime.

Initially it can take some getting your head around the realization that only this one present moment exists. It is not a denial of yesterday or the past or of your memories, thoughts and experiences. It is not a denial of what is coming tomorrow or next week or next year.

What it is - is simply realising that when you were “living” yesterday or last year, it was the present moment and when you are “living” tomorrow it will also be the present moment.

It takes a while for this realization to truly sink in and once it does you will always realise it; the change will be permanent, yet you will also be able to slip away from this present moment at times as it is the nature of the brain to think and make thoughts.

This “forgetting” of the present moment is only temporary and only thought-based. So, when you “lose” the present moment, all that is really happening is your thoughts are wandering; you most likely haven’t moved anywhere; you haven’t actually moved away from this present moment at all - at least physically.

Often a shock or accident wakes your senses up to this present moment and it is this alertness that grounds you in the now. Animals live in the present moment - to watch an animal you can see that they are totally immersed in what they are doing; they haven't got an identity and they aren't playing from memory. The next time you see a dog sitting patiently waiting for its owner to return - you could be witnessing a Zen master!

Notice the alert attention and the patience to simply wait.

Notice also the speed with which animals operate - birds are a brilliant example; could you fly through the trees and twist and turn as quickly as they do? Fantastic agility and finesse.

You may wish to get yourself a drink and
return fresh before reading the final section.

The following is adapted from "Right Now" by [Ken McLeod](#)

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<http://www.unfetteredmind.org>

NOW is all you have.

Imagine you are going to die in one minute's time.

This is your last experience, reading this, wearing what you have on, thinking, feeling and seeing what you are thinking, feeling and seeing right now.

This is it - the end of your life.

There is no time to write a note or make a phone call - you will die in one minute.

All you can do is experience what is, right NOW.

You stop fighting, you stop needing, you forget physical comfort, you stop wanting, and you stop achieving.

Enlightenment, attainment, realisation, all become meaningless.

You are just present; here, NOW.

NOW is all you have.

Further reading on Present Moment Awareness:

The Power of Now by Eckhart Tolle
Practising the Power of Now by Eckhart Tolle
Stillness Speaks by Eckhart Tolle
A New Earth by Eckhart Tolle
Stop Thinking & Start Living by Richard Carlson
Being Happy by Andrew Matthews
Taming Your Gremlin by Rick Carson
Loving What is by Byron Katie

I hope you have enjoyed this FREE "Stop Thinking" E-Book
and I wish you every success in reducing your thinking
to help improve the quality of your thoughts and ideas.

Below there is a selection of other E-Books
available by me which can be purchased via:

<http://www.mindmapinspiration.co.uk>

**To see more Mind Maps by Paul Foreman visit the
Mind Map Inspiration Website www.mindmapinspiration.co.uk**

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Mindmaps ® were invented by Tony Buzan

**They help us progress from "linear" (one-dimensional) through
"lateral" (two-dimensional) to "radiant" (multi-dimensional) thinking.**

For more information see his books and visit the following websites:

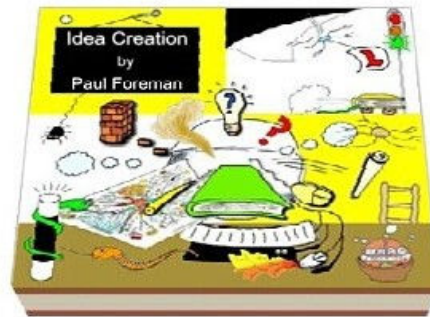
www.buzanworld.com

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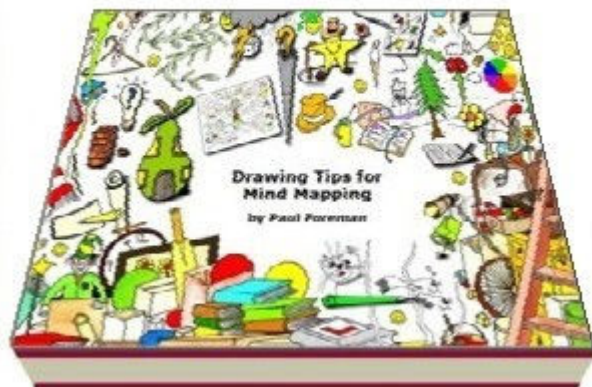
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- Lifespan of an idea
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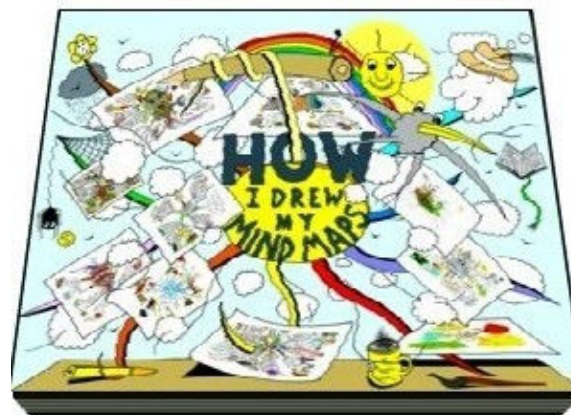
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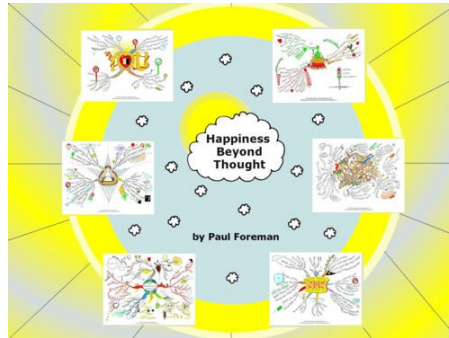
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