

Igor Mošič

# BEYOND • WANTS

**STRESS-RELIEF MIND TRAINING**



Igor Mošič  
BEYOND WANTS  
Stress-Relief Mind Training

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STRESS-RELIEF MIND TRAINING

N2SED Ltd.  
Rijeka - Croatia, 2017.

To my Mother and Father with deepest gratitude and respect for  
unconditional love and kindness from the day I was born.

Dedicated to daughters and sons of all the parents in the world.

# Contents

<b>1. Foreword</b> .....	<b>9</b>
<b>2. Introduction</b> .....	<b>13</b>
<b>3. Where does stress come from?</b> .....	<b>21</b>
<b>4. The mind</b> .....	<b>29</b>
<b>5. What is the main cause of stress?</b> .....	<b>37</b>
5.1. Dependent existence .....	41
5.2. "I" - true nature .....	46
5.3. "I" - selfish obsession .....	51
5.4. Meta-intention, meta-motivation and wise selfishness .....	57
<b>6. Stress and health</b> .....	<b>67</b>
6.1. Disadvantages of stress .....	73
6.2. Advantages of inner peace .....	75
<b>7. Eliminate needless stress by eliminating its causes</b> .....	<b>85</b>
7.1. Collective nominalization .....	95
<b>8. Mind training - the way to undisturbed, calm and self-confident mind</b> .....	<b>119</b>
8.1. Meditations and mental conditioning .....	126
8.2. Post-training practice .....	139
<b>9. Looking forward - past as the future happening now</b> .....	<b>143</b>

# **1. Foreword**

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Our mind is creating thousands of thoughts during the day, without our will, completely unconsciously. These thoughts create our lives, if they are full of anxiety, resentment, unrest - they manifest themselves in our daily lives.

We cannot control our thoughts, but we can gradually become aware of them and learn to live with them.

Unfortunately, people often go through life guided by their thoughts and many times life turns into a fight, full of stress, tension, worry, fear and depression. Stress has become a part of our lives. It is present everywhere, ruining our feelings, our relations, our temper and our health.

It should not and must not be so.

In this inspiring book we will find the answers to many of the questions, as well as solutions to our dilemmas. The author, with his vast knowledge and experience, teaches us about the importance of stress, what is the main cause of the stress, he explains the relationship between stress and heal-

th, and ways of removing unnecessary stress from our lives by detecting and removing its causes. He guides us through the mind training - the way to a powerful mind and self-confidence.

We become aware of the mental activities of our mind and we can influence the process of our thoughts, words, feelings and our activities, and thus, life itself.

Our brain is a plastic organ and activating the mechanisms of neuroplasticity by visual, auditory, tactile and motor stimuli, we can change it in accordance to our needs and desires, and by mirror neurons activation, we influence not only ourselves but also all those around us.

And so, with Igor Mošič and his precious book, we move into a new, more peaceful, more conscious, and happier life.

Dr. Vida Demarin  
Professor of Neurology and Neuroscientist



## **2. Introduction**

## 2. Introduction

In the Himalayan foothills in northern India, there is a small town called McLeod Ganj also known as “Little Lassa”. McLeod Ganj is the home of His Holiness the 14th Dalai Lama and Tibetan government in-exile. At the hillsides above the town, hidden in the beautiful rainforest, is a peaceful and magnetically attractive Buddhist meditation center. Most of this book was written in that center.

The book was written during the monsoon season, sometimes by candle light, during 40 days of attending various teachings and meditation retreat, mostly in complete silence, isolated from the internet, smartphone, social networks, e-mails or any form of communication with the external world.

My intention with this book is to make a contribution to the universal responsibility of encouraging a sustainable way of life by cultivating mental well-being and a stress-free lifestyle.

Everybody wants to experience pleasure, be happy and calm. Nobody wants to be disturbed, experience stress, conflicts and pain. Despite that aspiration, most people are not reaching that goal. According to the World Health Organization (WHO), depression and other mental health conditions are on the rise globally. It is estimated that by 2020, depression will be the second leading cause of work disability and by 2030, it is expected to be the largest contributor to disease burden. <sup>1</sup> Those facts are horrifying.

Stress does not happen by itself. Stress has its causes. An oak also does not happen by itself. An acorn is the main cause of an oak. By recognizing and eliminating the causes of stress; stress can be eliminated. Is it really possible?

A few years ago, I embarked on a journey of exploring the mind and its dynamics with an attitude of a complete beginner; an attitude that sees many new possibilities. My research took me to London, UK and then to Dharamsala and McLeod Ganj, India. This book reflects on that journey. The journey that leads beyond everyday dualism to sustainable mental health and well-being.

*It is possible because nobody can prove it is impossible.*

States of stress, relaxation, pain or pleasure are states of mind. We call them mental states. Mental health depends on the human mind. Therefore this book explores ways of how

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<sup>1</sup> “Depression: A Global Crisis”, [http://www.who.int/mental\\_health/management/depression/wfmh\\_paper\\_depression\\_wmhd\\_2012.pdf](http://www.who.int/mental_health/management/depression/wfmh_paper_depression_wmhd_2012.pdf), October 10, 2012.

the mind works, as well as practical mind training which will be beneficial to you if you want to reduce and eliminate needless stress, worry and conflict from everyday life.

Even though this sounds simple, it is not. But the good news is, the more you practice, the easier it gets.

Just think about your daily activities. The fast paced environment of our everyday life is filled with work commitments, social and family obligations. Those activities are mostly directed to external phenomena like other people's expectations or business success to ensure more financial power and material comfort. That is very important, however is that approach the only important contributor to human well-being and increased quality of life?

If you use a car for an hour or more on a daily basis, you want to have a nice, safe and comfortable car. If you have a family, you want to create a comfortable, safe and pleasant environment in your apartment or house. It is perfectly normal because most of us spend more than half of our lives in our homes. You want the same level of comfort and safety for you and your family members during your vacation, as well. It is quite natural to think that way.

The question is: Who is our companion, not only for one hour per day, not for half of our life, but for 24 hours per day, seven days a week?

The mind.

We know much about latest model of our favorite car or best vacation deals for our favorite destination but how much do we know about our mind? Do we know how it re-

ally works? What makes it calm, powerful and self-confident? What makes it really happy? What makes it disturbed, weak and unhappy?

In our world today material progress and growth are amazing. But how is it possible that at the same time we know so little about our mind? Is our way of life an obstacle to growth, profit and sustainable quality of life that we strive to achieve so much?

We use our mind from our birth but there is no written manual on how to do it. It is not easy to explore our mind during our everyday activities. It is just as hard as trying to see the painting while being within its frame. Despite the horrifying facts, it is alarming that there is no easy access to any system, organized to preserve mental health.

The only tool we have for exploring our mind is the mind itself. Because of that, throughout the book we will use logical reasoning based on your personal experience in the context of everyday needless stress. On the practical level, this book will give you an understanding of the true nature of stress and ways to cultivate a stress-free life, as well as practical mind training to make it happen.

Once the causes of stress are recognized and eliminated, experiencing stress becomes impossible. Just as the tree stops growing once its roots are cut-off.

Will we succeed?

I do not know and I do not promise that once you read this book, magically everything will be better for you. The more you approach this book without any expectations, the

more it will positively influence your subtle unconscious processes that direct and shape your behavior. This book will not give you an instant recipe on how to feel calm, relaxed and self-confident. You will discover a freedom to cultivate calm, relaxed and self-confident mental states at your own pace. Just as you have a unique fingerprint, reading this book will be a unique and highly subjective experience for you.

Enthusiasm about mind training displayed by advanced Buddhist meditator is the same enthusiasm employed by artists while creating a masterpiece. Meditator's thoughts, words and texts as the products of their mind, become a masterpiece.

*Masterpiece of compassion, kindness, wisdom and universal responsibility for the benefit of all fellow human beings, without exception.*

I am not a scientist, however for the last few years, I have had a wonderful chance to meet, learn and discuss about mental health with world-class experts in the field of neuroscience, psychotherapy and religion. Some of them will be mentioned later in this book.

There is nothing here that I have not received through generosity and kindness of other people. The ideas here are not new or unexplained before, but they are written with a specific goal of reducing and eliminating needless stress and conflict from your life. In that way, I believe this book may be

of huge benefit for you or any other person with whom you share the ideas presented here.

*“Just as a goldsmith, cuts and rubs gold before buying it and only after identifying it as real gold - only then does he buy it. The same way, you should investigate, make a thorough analysis of my teachings and only then accept it. Not only out of respect for me.”*

His Holiness the 14th Dalai Lama

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## **About the author**

Igor Mosaic is a communicator. He explores the mind and its dynamics and shares his findings through his writing, public speaking, and teaching. During his academic career, he studied electronics and mastered economics. He spent most of his business life in sales and marketing, developing a keen interest in Neuro-Linguistic Programming (NLP). He is an NLP Master Practitioner and a New Code NLP Coach. As a student of Buddhism he visits the Tibetan Buddhist center in Dharamsala – McLeod Ganj, India.

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