



**beanddo**  
community



**beanddo**

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*"Just thought I would drop you a line to say how much I enjoyed the class last night, it was a brilliant session. I am feeling great on the tram this morning even though it is a Monday morning!"*

-Ciara-

# beando

mindfulness  
meditation  
training  
helping  
people, Be  
more, Do  
more...  
worry less.

## Introduction

**Stay true to yourself. Let your voice ring out and don't let anybody fiddle with it. Never turn down a good idea, but never take a bad idea. And meditate. It's very important to experience that Self, that pure consciousness. It's really helped me.... So start diving within, enliven that bliss consciousness. Grow in happiness and intuition. Experience the joy of doing. And you'll glow in this peaceful way. Your friends will be very, very happy with you. Everyone will want to sit next to you. And people will give you money.**

---

*David Lynch. Catching the Big Fish. Meditation, Consciousness and Creativity.*

**beanddo** is an innovative and unique enterprise offering meditation programmes for business, education and life. Our emphasis is on simple jargon-free contemporary meditation for everyone which when practiced, developed and embedded into daily life will help give access to your own inbuilt, natural ability to make happy work...

[www.beanddo.co.uk](http://www.beanddo.co.uk)

@beanddonow



## Core Principles

The **beanddo** initiative is based on timeless ancient wisdom regarding the nature of ourselves and the world we live in.

We create, through our thoughts, what we believe to be our own individual reality and experience of life. This is not a new insight, but once fully understood we have an opportunity to be and do differently.

The core **beanddo** principles are:



### Now

Everything real starts and ends with the present moment. In the here and now.



### Attention

When we learn to direct our attention to the present our mind settles and awareness expands.



### Awareness

Expanded awareness reveals a deeper experience of our essential nature which is our true sense of being.



### Action

Our essential nature is constant and can be aligned with our actions creating a deeper and effortless sense of doing.

That essential nature is the real version of you. It is where your peace, happiness and creativity are. You don't need to go looking for them externally. You already own them, and through regular **beanddo** meditation they will emerge from the inside.

## What is Meditation?

Meditation can be described as the conscious, purposeful attention of your mind and body towards the present moment.

That's it.

You can read about meditation from a book or download the latest app. But the real benefits of meditation are in the doing of it, with other people and with a good and experienced teacher. Meditation has been taught like that for 1000's of years.

When you learn to know the present moment through a systematic process of meditation, you gradually move your attention inward, gaining clarity and insight along the way. Eventually you come to rest in your true nature. That is where all the good stuff happens. It is where your intuition, clarity, happiness and creativity are.

Meditation practice provides a simple well-trodden route to help you get back in touch with your life, and to be balanced by taking charge of your being and linking it closely with what you are doing. You will re-discover better relationships with your work, your creativity, your family, friends, community and the world and most importantly with yourself.

It is a state where you can take charge and learn to live your life by design - not by accident.

## Can anyone meditate?

Yes

Modern science is now catching up with this ancient wisdom discovering that we seem to be hardwired to meditate. We are designed for it! This might be a surprise, but the clarity, happiness and well-being derived from regular meditation practice is our natural state.

You don't need to be a Buddhist or a Yogi to practice it. It's simple and natural. And the only equipment you need is your body, mind and breath mixed in with an open heartfelt intention of trying something new and to find out who you really are. You don't need to act differently, you don't need to believe anything or follow a doctrine. Meditation is about getting in touch with your deepest, authentic nature and letting it flow out into the world.

It's about being truly awake.

Meditation practice has emerged out of ancient yoga sciences, which is mankind's oldest knowledge on the nature of how the world works and our role in it. It is as relevant today as it has always been. In fact some would argue even more so. Meditation practice is growing in popularity because we live in a world now, which is unprecedented in terms of demands on our time, energies and attention.

We are constantly distracted.

## Why meditation now?

We are hardly ever present in our lives. Many of us live on autopilot, traveling through our lives without really ever noticing who we are and what we can really do. In many this results in an underlying feeling of frustration. Similarly, we may be depressed about the past or anxious about the future. We are working harder for less. Certainties in life are fast eroding. We are unwittingly making for ourselves a world of growing unhappiness, fear and anxiety, where opportunities to enjoy just being our natural happy, creative selves are fast disappearing.

Stress in society is rising to epidemic levels. The recent UK Government All Party Report on Mindfulness\* says that by 2030 stress will be our biggest killer. Additionally, growing stress levels are a huge threat to our wellbeing, happiness, learning attainment, creativity and productivity.

We need to change. It starts with you!



*\* Mindful Nation UK Report. The Mindfulness All-Party UK Government Parliamentary Group published in October 2015*

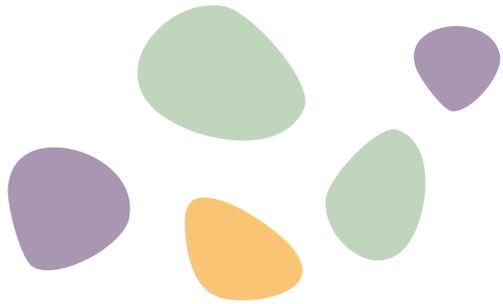
## The benefits of meditation

Meditation is about taking part in the world helping you out with whatever you can do with increased energy, purpose, creativity and joy. Regular meditation will help you be and do more effectively. You will see solutions more clearly, make more connections, develop a rich positivity and open up to your creative flow. You will know the joy of being and doing as you flow effortlessly in your life from one moment to the next.

When we manage to settle the mind through meditation and thus gain inner clarity and calmness, who we really are will shine through. When you begin to live from that perspective, from who you really are, all sorts of things begin to happen. You will:

- Have more energy, drive and productivity
- You will feel more centered with an increased sense of purpose
- Spend less time and energy worrying about things that might or might not happen
- You will have a greater connection with your passions, ideas and sense of creativity in everything you do
- Have access to an inner joy and sense of wellbeing
- See the world in High Definition
- Feel back in control.

You will feel more centered, less on the periphery of your life, back in control with an effortless union of being and doing, moment-by-moment. This sense of being is your true nature. It's who you really are. And you don't have to do anything hard to get there.



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## Our Offer

**beanddo** is set up to offer meditation programmes in three areas, business, education and the community. We have developed bespoke and flexible meditation courses designed to help enrich and promote the growth of productivity, creativity, learning and wellbeing. We can tailor our offer to meet different needs, environments and challenges.

## Frequently Asked Questions

**Does the beanddo meditation programme involve adopting a new lifestyle?**

No

All mediation practice is a simple intuitive technique that requires no dogma, or lifestyle change or applied belief systems. It simply allows the mind to settle down until it reaches a state of restful alertness.

Meditation practice will have great benefit in many areas of your life, but it's down to you how you apply it. The results will be increased effectiveness, energy, creativity and an overall sense of wellbeing.

Ideally you should not come to meditation with a particular expectation other than to just know what it's like to be getting in touch with yourself again. All of the changes described above, and more, will happen naturally, simply as a result of practice.

**Is it easy to learn?**

Yes

Meditation requires no intellectual understanding or effort. Anyone can do it anywhere at anytime. The technique allows the activity of the mind and body to settle down in a natural way so that they are still, but fully present. Everything you need to know is explained during the beanddo training course.

## **How long will it take to notice the benefit?**

This will vary between people. Many people will feel calmer and more relaxed after the first class. Lasting experience is cumulative and you will notice more profound change after a few days practice.

Many people who practice will notice a marked reduction in stress levels, a deep clarity of perception and thinking, more energy, effortless creative flow and improved compassion and relationships towards, friends, family and colleagues. To deepen your experience regular meditation practice is required.

## **Where does meditation come from?**

Meditation practice comes from very ancient yoga science and wisdom which is thought to be about 5000 years old. However, meditation does not belong to yoga or India. Saying meditation belongs to yoga is like saying gravity belongs to science.

Meditation is a natural human experience. We are designed for it.

Meditation is best taught from person to person in a systematic way. It has been done this way for 1000's of years. There is a great deal of benefit being guided by an experienced meditation and sharing your energy, intention, insight and experience with others in your class.

## **Is meditation a religious practice?**

No

The origin of meditation rests in ancient yoga science and is often defined as the art of skilful living. Meditation pre-dates all world religions.

## **What if I am sceptical?**

That's fine

Learning to meditate is like learning to swim. You can read about it but you have to get into the water to know and experience its benefits.

No amount of scepticism will stop meditation from working. All you need to do is decide to give it a try, let go and see what happens. You may be surprised. Millions of people practice meditation everyday all over the world.

## About Mick Timpson



### CEO & Founder of beanddo

Mick is dedicated to helping people discover their true value and experience the ability to create a creative, meaningful, and happier life.

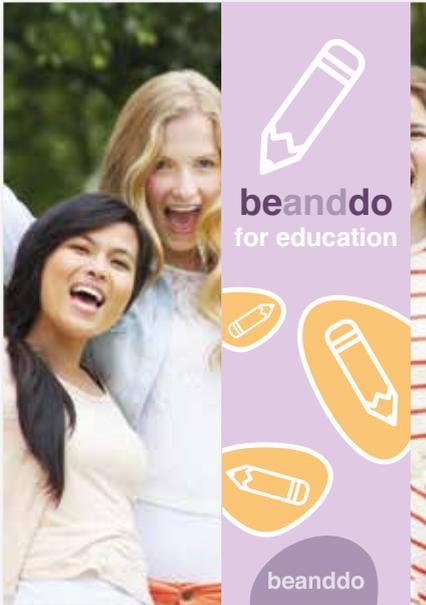
Mick uses his highly engaging and creative teaching skills to help build space for people to have individual insights, and from there, anything is possible.

He is passionate about human potential and once people get it, says Mick, they begin to design for themselves a new strategy for change within themselves wherever they are and in whatever they do.

As well as individuals, Mick works with business and education to help reveal previously hidden potential. This in turn improves productivity and reduces stress and pressure. The intention is to strengthen resilience, and creativity that in-turn opens up innate joy and happiness.

Mick is an award-winning architect, artist and Senior Yoga Professional with the Yoga Alliance. He has designed new communities all over the world, taught architecture at a number of universities, is an external examiner at Manchester School of Architecture and has led successful design businesses. Mick is CEO and founder of **beanddo** and owner of the YogaLife Project, a Social Enterprise teaching real yoga, for real people who live real lives.

## You may also like...



### **beanddo for education**

Guided meditation in schools can reduce stress levels in both students and staff.



### **beanddo for business**

The most effective business tools for the twenty-first century business are meditation and creativity.

**beanddo** is an innovative and unique enterprise offering meditation programmes for business, education and life. We deliver simple jargon-free contemporary meditation for everyone which when practiced, developed and embedded into daily life will help give access to your personal inbuilt, natural technology to make happy work...

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