

SIDDHA PERFORMANCE

COMPLETE COLLECTION

The Truth . . . is all there is.

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Athletes

Peace

Joy is fleeting. Peace is transformational.

Joy is an enticing emotional state. But it is difficult to maintain. Joy is like the occasional clap of thunder. Peace is the sound of moving clouds.

The athlete who is crazed with joy by a favorable result will be the same athlete who drowns in despair with an unfavorable one.

In all things seek peace.

When the game does not go your way, accept it for what it is, its fickle nature, and be at peace. When the championship is yours engage lightly in the celebration, knowing there are many more to play, and be at peace.

Knowing that you can find peace in any situation will lead to equanimity. You will do well to understand, that the equanimous athlete is often the most powerful one in the field

Discipline

Discipline spawns confidence. It gives the athlete a sense of character, a belief of worthiness. To cultivate the ability to maintain a certain practice routine or conditioning regimen, regardless of one's past performance or current state of mind is to cultivate mental fortitude.

A series of disciplined behaviors is in actuality a series of victories. Victories that embolden the psychological attributes of the athlete.

Disappointment

You hit a shot or complete a performance. The result was not what you wanted. Disappointment arises.

What is the best way to deal with this all too common scenario?

Most performance coaches and sport psychologists will tell you to *forget about the shot, focus on the next shot, find your composure, understand that it happens to everybody, . . .*

Rather than look at it this way, why not understand why it happened. Rather than trying to rid yourself of the feeling and running away from it, why not ask where it comes from.

In order to fix a problem you must explore the problem. The road to recovery begins with understanding.

Rather than ask, what can we do to deal with the disappointment, let's ask why the disappointment arose to begin with?

A fix is a fix. It is not a band-aid. Any methodology aimed at fixing the problem should, over time, eliminate or

significantly reduce the frequency of recurrence of the problem.

For how many years have you had this problem? Have your *rituals* and *post-shot routines* and *clever phrases* fixed the problem? Has running away from the problem stopped it from happening?

If they have, I congratulate you. If they haven't, perhaps we should explore an altogether different approach.

How to play THE GAME

Most players do not come to play. They come to gain. Whatever the reason, whatever the circumstance, if a game is played for gain, it cannot be truly played. A siddha does not come to win. He does not come to lose. He comes to play. A common response to this idea is to believe that to play without the thought of winning is essentially a half-hearted and unserious effort. Unserious, yes. Half-hearted, never.

Why should it be serious? When the game becomes serious, the game is no longer a game. It may be assumed that a non-serious player, a siddha, may shoot without focus, or strike without aiming. This is a misunderstanding of the siddha's way. He gives himself to every stroke, to every strike, to every kick, and every shot. As if his life depended upon it. This is the reason it is fun. This is the reason it is spiritual.

Modern players also play as if their life depended upon it. The difference is they feel that their life depends upon the result. The siddha feels that his life depends upon his effort.

The siddha plays to lose himself. The non-siddha plays to enhance himself. The siddha realizes that the game has its own rhythm and he becomes part of the experience. He has

realized from experience that if he tries to guide the game his effort will be wasted. He has learned that the only way to truly play is to abandon all hopes and desires.

Because his mind is one-pointed, because it is not distracted by hope, it is fully available to him to complete the task at hand. As a result the action is more forceful, graceful, effective, and complete. A player whose mind is divided can only manufacture a partial effort. He can only use a portion of his skill.

In order, then, to play the game, commit yourself to the playing. Play like a warrior, with full presence of mind. Lose yourself in the rhythm. And allow *all* of your skill to surface.

What do you want?

For some this is an easy question. For most it is anything but. Some will say money, and lots of it. Unless you are destitute and in need of clothing and shelter, are you certain that money is what you truly want? What if you were given ten million dollars, would you be happy? What if after you were given the money you were told that it was counterfeit and, therefore, not worth a cent? If this disappoints you, then is it really true that it was the money you wanted? Was it not the things that money bought that you really wanted? Now we have reached a deeper truth. We began at money but then realized it was the things that money bought. Are you certain that it is the things that money buys that you want? We can continue to expose the lie by going to deeper and deeper levels of truth. So what is rock bottom? What is your ultimate desire? What is that one thing for which all of these other things are all surrogates?

Every human being seeks happiness. Every human being seeks love. Every human being seeks acceptance. Every human being seeks engagement. And every single thing we do in our lives is nothing more than a continuous search for one of these feelings, or a derivative, thereof. The activities, careers, and habits we pursue to attain them are just details.

An athlete does not *want* to win, he *craves* it.

Why?

Is it really the win, or the feeling associated with the win?
And when that feeling fades, what is left for him to do but
seek another win, another dose of feeling.

We all behave as thirsty voyagers seeking happiness, love,
acceptance, and engagement, one drop at a time.

But the ultimate human being, the ultimate athlete, the
ultimate voyager, at some point in his life realizes the futility
of his search. And at that moment he leaves behind the drops
and begins his voyage for the ocean that bore them.

Perception

When you step onto the court, onto the course, into the pool, or onto the plate, what do you feel? When you look into the pitcher's eyes, what do you find? When you look down the fairway, what do you see? When your opponent steps onto the court, what about him do you notice?

Talking of reality is of no use, because that is not where we live. We live inside a world created entirely by our mind. It looks real and feels real, but real it is not. Everything that we see is filtered through this prism. And as a result, we do not see what we think we are seeing.

In order, then, to analyze ourselves, it is imperative that we first analyze the world in which we live. The world our mind has created for us.

The ultimate athlete, the ultimate human being, first knows himself.

His performance, then, arises from a state of knowing, rather than a state of hoping. In order to know oneself, one must first begin to define and decode the world his mind has created for him. It is then the true journey begins.

Are you ready to begin your journey?

I'm waiting.

Do you love what you do?

If your answer is yes, then playing should always be a joy,
should it not?

If you have managed to make playing a game as your
career, you should be the most joyful of all, should you not?

If, for you, the game is stressful, is something not seriously
wrong? I assure you that, no matter the stakes, no matter the
drama, the game remains the game.

Do you still love it for what it is? The way you once did.

Perhaps the question can be asked a different way.

Do you play for love, or out of love?

Freedom

Just before the performance begins, before the first serve, the first tee shot, the jump ball, the big speech, or the final putt, are you free?

In these moments, do you have command of your mind? Can you use the mind as you wish? Can you look the audience in the eye? Can you control your racquet as if it were an appendage? Or are you subservient to the result.

A person who is free belongs to himself. When the situation arises, he summons his abilities and directs his faculties according to his command.

A person who is not free allows the result to define him.

Together we can change the way you think, analyze your perceptions, and make your mind work for you rather than you for it.

Let's get you to that place of wonder. When it is match point, you twirl your racquet, look at your opponent's face, and smile.

Do you understand which game you are playing?

You stand on the free throw line. The players line both sides of the paint. You hold a basketball in your hand. The hoop is the same size it has always been. It is the same horizontal and vertical distance from you that it always is. To all that are watching, the situation is simple. But to you it is far more complicated. Because you do not see the reality that everyone else sees. At this moment you are living in a different place.

Playing a different game.

What do I mean?

As you stand on the free throw line, you are not reacting to the basket. You are reacting to your fear. The shot that leaves your hands is not a shot intended for the target. It is a shot intended to allay your fear. In this way, you are playing an entirely different game. The spectators, the players, the coaches think that you are playing basketball. But, in actuality, you are playing a game of self preservation, a game of crisis management, in the guise of basketball.

When the game is over, do not make the mistake of practicing your free throw shooting. If you do, you will be

practicing a game that is different from the one you actually play. The game you must practice is the game you played: the game of self preservation.

How do you begin to practice such a game? By coming to the heart-felt realization that this is the game that you actually play.

Hard Work?

There is a notion ingrained in our society that hard work leads to success. Inherent in this idea is an almost instinctual belief that working hard will not only provide you with greater skill but that it will somehow ingratiate you with the spirits of the universe who control the fate of all mankind.

Some have discovered the holes in this theory and *thus practice makes perfect* has been changed to *perfect practice makes perfect*. Such insight should be applauded. But it is still far from perfect. For the question that naturally arises is *what constitutes perfect practice?* Scientific research into the area of accomplishment and success has spawned terms such as *deliberate practice* to highlight the idea that practice be taken seriously and that it be aimed at correcting one's deficiencies rather than *practicing* one's strengths.

The existential problem lies not in the sincerity of the reserchers, but in the desire of the player. Human beings don't have emotional responses to data. They have emotional responses to emotion. They act the way they do because they feel a certain way. They feel a certain way because they think a certain way. They, in turn, think a certain way because they have a certain image in their mind which their thoughts and

emotions respond to. The question, therefore, is not how much data and information can be generated. The question is, how that data negotiates the complexities of the human constitution en route to the heart of a player.

For information to get into a player's heart, for the words of a coach to enter a player's bones, the player must first be receptive. Not auditorally, but emotionally.

When a player is emotionally receptive, his focus on what needs to be done improves and, by extension, so does the quality of his practice.

Enjoyment is the ultimate mindset

Athletes have become so mired in the outcome, so ensnared by results, that they have forgotten what it means to play. By focusing on results, on comparisons, on rankings, they see the game as a matter of conquest, a place to prove their manhood, a vehicle by which to prove self-worth. In this way, the game is not a game.

Children are becoming poisoned with the same attitude. The game cannot be looked upon as anything other than a game. It has no meaning. It is meant for pure enjoyment.

Do you love to play? Not to get a good score, or to win, or to rank, or even to compete.

Do you love to play?

We seem to have come full circle, such that players have bought so completely into the illusion of accomplishment that they are now being advised to simply play and to focus on process, as a remedy against the stress that comes from playing. Is this not proof that athletes have lost their way?

When you enjoy something, when you love something, the

playing is its own reward. You love the feeling of hitting the ball over the net and trying to get it past your playing partner (I will not call him an opponent). You do not fear losing the point. Why? Because when your enjoyment is satisfied simply by the act of playing, fear has no reason to surface.

I am not telling you to enjoy the game so that it will help your performance. I am telling you that if, for you, playing is not its own reward, then you play for ulterior motives. And if you play for ulterior motives, the game will never be a game.

And enjoyment will be hard to find.

For the player who enjoys the game exactly for what it is, winning and losing means nothing. For he realizes that the game provides an opportunity for playing it. It offers nothing else. There is absolutely nothing to be gained. There is nothing to be lost. For him it is foolish to impose ranking systems upon the game, for then the game becomes something else. Even if he participates in such a ranking system, he does not take it to heart, for he realizes it is pure illusion.

For the player who enjoys the game, the ups and downs are not sources of frustration. The unpredictability is what makes the game the game. If it was predictable it would not be enjoyable. The unpredictability, the wayward bounce of the ball, the nasty surprises are not moments for which he

requires coaching to be *calm*, and to *stay in the moment*, and *control his emotions*. He relishes it. For it is precisely the possibility of glory or doom before the shot that makes the shot exciting.

Many players play the game demanding and expecting that everything go their way. Perhaps this is why they need mental coaching.

The possibility of failure is something that you love as part of the game. What would the game be without it?

What Can You Win? Or What Can You Be?

The need to win is directly at odds with discovering the ultimate potential of a human being. Winning is a relative index. Potential is unconditional.

Most athletes look at winning as the ultimate goal. As such, there is no question of what a man can ultimately become. This is the reason for parity in all sports. People who think alike, perform alike.

Where are the athletes that are interested in something truly great? Something otherworldly. Something far more than historic.

Where is the athlete who asks the ultimate question?

Rather than ask, 'what do I need to do to win', where is the athlete who asks 'what can I as a human being achieve on this earth?'

You are made of the same particles as the planets in the outer reaches of the cosmos. You are blessed with the freedom of will. You are pure consciousness, a spirit without limits.

What are the true boundaries of human possibility?

Now that's a game worth playing.

Is it not?

Amateur and Professional

The difference between a professional and an amateur is two or three big things, and 647 little things.

Questions

The trajectory of your life will be determined by the questions that you ask rather than by the answers you receive.

Putting

The reason that players fail to one-putt is that they are afraid to three-putt.

Innocent

True success is more innocent than innovative.

Your Image

How much is it costing you to maintain your image of yourself?

Truths

Great truths are imperfect attempts at expressing that which cannot be expressed.

Language

Language can never capture the essence of an experience.

Thought

Unawareness spawns thought.

Your Path

*Your path will be the one you blaze, rather than the one
you follow.*

Teachings

The teachings that you embody will be heard.
Those that are taught will be forgotten.

What You See and What You Don't

When amateur golfers watch professional golfers they marvel at the economy of motion, the effortless effort, the poise, and the balance. What is most readily apparent to the eyes is the aesthetics and the cosmetics. These are interpreted as God-given talent, and otherworldly ability. They assume that they do not possess the physical talent to swing the club in such a way. If only they realized that they do not know what they did not see.

They see the professional make an *easy* swing, sending the ball soaring into oblivion. So they themselves make an *easy* swing and the ball hardly soars at all. In this example, the amateur golfer mimics what he THINKS he sees. But perhaps our eyes are partial to form rather than substance. It is akin to looking at a picture on a plasma television screen. From afar the picture looks flawless. But if one were to stand inches from the screen, he would see that the flawless picture is nothing more than irregular little pixels fit together to produce an image that is far greater than any one of them has the ability to produce. In fact, there is no image independent of the pixels. The golfer sees the professional's swing, but he does not see the pixels of the swing.

He, thus, fails to emulate the swing, not necessarily for lack of talent, but because the swing that he is emulating does not exist.

Setup

The golf swing is a *reaction* to the setup.

Freezing

At certain moments in the game, the player experiences overwhelming fear, enormous pressure, and unbearable tension. The outcome of the game is at stake and the player feels that he is required to perform at his best, or all will be lost. At this stage of the game, some are hailed as heroes and some are said to have “frozen” or “choked.”

How does a game have the power to produce a physiological response almost identical to that which occurs in a true life and death situation?

A person’s perception is his reality. If a situation is perceived as life and death, the physiological response will mirror those of life and death. And when a game is perceived as life and death, the game is no longer a game.

If such feelings are unacceptable to you, you must explore what the game means to you. You must define why it is that you play.

If a win produces elation, you may wish to examine what it is you have won. If a loss produces despair, you may wish to examine what you believe you have lost.

Do you truly believe that a trophy, a cup, or some clever mix of steel and plastic has the power to incite such an intense physiological response?

Is it about the trophy? Or is it something else?

Is it about the ranking? Or is it something deeper?

Freezing in what is perceived to be the critical moment in a game is a response to overwhelming fear.

For such a fear to arise, something enormously valuable must be at stake.

If you feel such a fear, I assure you that the game you are afraid to lose is not the one you think you are playing.

Prescriptions, Rituals, and Routines

The athlete who craves an outcome experiences a torrent of emotions as a direct result of this craving. The emotions that he experiences negatively affect his performance. In response, he seeks advice as to how to deal with the emotional storm that is within him.

He then seeks advice from a coach or a consultant who prescribes a series of routines and rituals in an attempt to limit the effect of the emotions on his performance. He may even be told to downplay the emotions or to disregard them. He may be told to breathe in a certain way and to keep an even countenance. He practices these rituals, which almost becomes a sport in itself. When the rituals work, he is satisfied. When they don't, he experiences the same emotions which are now directed toward the failure of the rituals.

He then seeks a new set of rituals. And the process begins anew.

Prescriptions, routines, and rituals have made the modern athlete a robot. While they may help to a degree, they will never unleash his ultimate performance.

Human beings are addicted to solutions. Rare is the human being who explores the problem. The athlete seeks a prescription the way a sick man seeks a tonic. A desperate attempt at escape.

If you continue to run from your emotions, how far do you think you will get? Can one really escape himself?

It is because you keep wrapping yourself in bandages that you have become so stiff.

If you never explore the nature and source of your emotions, you will always be a slave to them.

Beyond

*In order to reach the ultimate, the mind must not be calmed,
but transcended.*

Swinging and Walking

If children were taught to walk the way golfers are taught to swing, they would be equally handicapped.

House of Chaos

*Your problem is not that your mind is a house of chaos.
Your problem is that you have chosen to make this house your
home.*

How does the Zone arise?

The zone emerges from the ashes of your self.

Performance and Skill

Performance is a matter of access rather than acquisition.

Teachers and Students

Great teachers are an endangered species. Great students are practically extinct.

Great teachers are an endangered species. Great students are practically extinct.

How to Be

Be silent. Be still.

The Ultimate Dance

Dance is an organic state of flow. In this state the body is instruction-less and technique-less. It is like water, flowing from pure instinct and thoughtlessness. The body does not *respond* to the music. It personifies it.

When a dancer has reached a particular level of skill, he must seek to abandon technique and allow the body to move under the weight of its own momentum.

This is not based upon self-esteem, for in this state there is no self. This has nothing to do with confidence, for the body is hardly aware of itself, much less confident in itself. This has nothing even to do with performance, for performance is a contrivance, a lie. In this exalted state, it is not performing. It is being. It is lost in its own rhythm, its boundless freedom.

The best is not what you do, it is what emerges from you. Your greatest performance will be the one in which you do not try to perform. If you see the audience as watchers, you will become self-conscious. If you see them as critics, you will become tense. If you do not see them at all, your greatness will shine.,

Abandon all methodologies. Drop your adherence to technique. Discard your positive imagery. And allow yourself to be.

Dance is about the dance, not the dancer.

Sage Advice?

Take your time.

Look at the target. The target! The target!

Breathe. That's it. B-R-E-A-T-H-E.

You're better than him. You can take him. You can do it.

C'mon, believe in yourself.

Be in the now. Forget the future. Forget the past. Be present.

Focus on the process.

One shot at a time.

Enjoy yourself! Smile!

Think positive.

Visualize the shot.

See it and be it.

Mental toughness is the key.

... aren't you tired of this?

Frustration

Sport psychologists advise not to throw golf clubs.

I agree.

Why not break them instead?

Skill and Submission

Very few things in this universe are under your control. And rather than accept this fact as a blessing, you see it as a challenge. Can you imagine what would happen if your heartrate was under your control? If your respirations were under your control? If your digestion was under your control? These things happen so beautifully and so automatically not because of you, but despite you.

And yet in sports, we try to bring every aspect of the game under our control. The swing, the stroke, the kick, and the throw are all sought to be controlled. There is certainly a place for training, technique, and the development of one's skill.

But perhaps the greatest skill of all is in allowing the skill to be set free. Free to roam the contours of the field. Free to take hold of the racquet, the club, or the ball, and set it into cavalier motion. Free to use your body for the expression of its lighthearted whims.

Free to play like a child for whom the game is still pure and wholly insignificant.

If you struggle it is because you try to contain that which

cannot be contained. Because you to try to possess it rather than allowing yourself to be possessed by it.

Though you may in some way control its development, why try to control its expression? Is it because you do not wish to be overshadowed by your own creation?

Why not submit yourself to it? Why not become supple and simply allow it to take hold of you?

Why not allow this skill to use you for its own purposes? Why not allow it to roam without care or consequence?

Why not allow it to ripple through the chambers of your heart and the depths of your constitution and leave you transformed? From one who controls play into one who personifies it.

On Language and Communication

We seem to be convinced beyond a doubt that what we say to a person is what the person hears. We take it for granted that the nature of our words and the way in which they are arranged from our lips will succeed in communicating the meaning that is in our brain.

During this episode of communication, the teacher is not trying to convey words, but a concept. His challenge is to translate that concept into intelligible form, as words. The reason that this is a challenge is because the language of the mouth is inherently different from the language of the brain and of the heart. The brain perceives, the heart feels, and the mouth tries to tell their story. If only there were a USB connection between two brains. This would allow for a direct transmission of ideas.

The matter is further complicated by what we call *the mind*. The student's mind is busy, and the teacher's mind would be equally busy if he was not caught in this battle of translating concepts into words. The words that the teacher speaks are an *approximation* of the truth, as they are incapable of capturing the essence of his message. These imperfect words must then compete with the student's mind which forever lives in a state

of frenzy.

As a result, though the student may be exposed to the concept, rarely does he imbibe it. Though the teacher may explain the concept, rarely does he transmit it.

The fault belongs neither to the teacher nor the student. One tries to explain and the other tries to understand. If there is a mistake, it is an innocent one: the decision to use language as the primary mode of communication.

Perhaps this is why golf instruction has been so trivialized, into positions caught on video and movements committed to memory. Perhaps this is why conveying the essence of the swing has been abandoned in exchange for simple instructions. Simple instructions taught and simple instructions heard.

The problem with this is that the student will forever seek the instruction, rather than the swing.

The world has become content with half truths.

This is why the ancients, the yogis, the princes of mankind, rarely speak. For, in a way, to speak is to lie.

If you do not speak, you will not be misunderstood.

There is another way.

Can I tell you what it is?

I can. But not through words.

True Coaching

When you coach a player, when you coach a team, have you considered who your true audience is? The question is not as obvious as it seems. By the audience, I do not mean the demographic of the individual(s). The audience is not the individual. The audience has never been the individual. The audience is something inside the individual.

A coach, reasonably, believes that when he is speaking to an individual, he has the attention of the individual. If he does not have the individual's attention, he reacts in a certain way in order to get that attention. Regardless of the way in which he reacts, his reaction *assumes* that the individual's attention is under the individual's own control. While, ultimately, this is true, this is an advanced skill, a learned behavior. At the current state of this individual's cognitive evolution, his attention is not under his control. His attention is in such a state that it requires a sort of fascinating or engaging element to *ensnare* it.

Once the coach understands this, he will modify his approach to each individual, armed with the necessary tools, in the form of expressions and words and actions, and even extravagant and dramatic behaviors to serve his aim, which is

to ensnare that attention.

I have developed several ways in order to do this. And these methodologies are not recipes, as much as they are instincts.

They are not techniques as much as they are *packaged essences* aimed at the exploration of how to again access to that part of an individual which controls the way in which he behaves.

I propose a new technique of coaching. I call on coaches to stop looking *at* individuals, and start looking *into* them.

For a coach must understand the *what*, more than the *whom*, of the individual that he coaches. In this way, the truest coaching of a player is more about the exploration of the human organism, than the guidance of a player's performance.

The Teacher's Dilemma

The teacher's greatest dilemma is finding the student who is as addicted to learning, as he is to teaching.

Crossroad

Every athlete ultimately is confronted with a choice: to walk away or find a way.

Golf Shots

Amateurs swing. Professionals shoot.

Mental Toughness?

This phrase seems to represent the fundamental cornerstone of sport psychology. It is what athletes aspire to. It is what coaches espouse. The whole of the performance world is devoted to the propagation and development of this concept.

If you were battling a demon would you want the demon to be tough? By *mental* I assume that the implication is the *mind*. The mind is the greatest adversary of the unenlightened man. Are you truly interested in increasing the *toughness* of your greatest adversary?

Perhaps what they mean is that that which battles the mind should be *tough*.

If the mind is fearful and you desperately try to fight against the fear, will you succeed? If when you are angry, you fight against the anger, does it work?

In the aftermath of a hurricane, is it the oak or the willow that remains standing?

If the mind is *tough*, you are powerless. If you are *tough* in fighting against it, you will fail. So what precisely is meant by

mental toughness?

Mental toughness implies a conflict, a hardness, a battle. Mankind has been lost in this battle for millennia. Where has it got him?

If you have an adversary, is it not infinitely more wise to understand him before you set off to fight him?

Is there anything *tougher* than wisdom?

Mindwashed

Do we know how to spot talent? Do we know how to predict the success of a given athlete? Do we really know that certain training methods, while they may enhance skill, truly lead to ultimate success?

Is science really the greatest frontier? Does it truly show us the way, or does it provide elegant biological explanations for that which has already occurred?

If an adolescent who shows great promise ultimately fails to live up to expectations, we provide a theory as to why he did not make it. If a player who is largely ignored rises from anonymity to achieve greatness, we say that he is the exception, rather than the rule.

We say that regular and diligent hard work, dedication, and practice is required in order to achieve a great performance. And then we learn of Bruce Lietzke, a professional golfer who is legendary for precisely his lack of practice, going months at a time without so much as touching a golf club, then walking onto the course and winning a professional golf tournament.

He's simply an exception.

Many distance runners use heart rate monitors. Why not? It seems perfectly scientific, does it not? Then why do the Kenyans, the greatest distance runners in the world, use heart rate monitor strips as clothes lines?

This is obviously because of their superior genetics and the altitude at which they train.

We hail science and we applaud technology. The legendary golfers of old had no cameras, or video, or Doppler devices. They used hickory shafts, wooden club heads, and blade irons, and yet they played immaculate golf. One could even argue that the ball striking displayed in those years is, perhaps, superior to that of the average touring pro of today. With the advent of this tremendous technology, a teaching pro on every corner, and a new line of clubs released every year, what has this done for the average level of play? Next to nothing.

This is obviously because the average player has no talent.

The problem is not that the mind manufactures such seemingly plausible, yet ridiculously simplistic, responses to such examples. The problem is that we believe what it says.

As a result, rather than studying these possibilities, we

ignore them.

Why? Because it does not fit our predetermined beliefs. We live in a safe and cozy world created by our minds. And we like it there. And much of the science and theories and training methods and beliefs feed a mass delusion that, somehow, we know. When, in actuality, we do not.

The mind is highly impressionable. It can also be quite shallow. It has an adhesive quality in that it attaches itself to the most readily apparent and seemingly obvious ideas that it encounters. And it takes a certain level of awareness to see the illusion. Followed by a desire to move beyond it.

If only a tiny fraction of the millions of athletes playing today become world class, does something not seem amiss? For many it will not, because the mind becomes accustomed to a certain way of perceiving the world, and this then becomes its reality.

How much of ultimate achievement lies in the mind? None of it.

How much of ultimate performance lies in the mind? None of it.

How much of ultimate potential lies in the mind? None of
it.

True greatness, ultimate performance, and ultimate
potential lies not within the mind, but well beyond it.

The only question that remains is are you willing to go
there?

Promises . . .

There is a perception that fills the mind of athletes the world over. A perception of a contract between the athlete and his coach. Or between the athlete and his God. The unwritten contract, according to the athlete, states that if he completes the necessary drills, the long hours of practice, the *hard work*, and every conceivable demand that his coach places upon him, that he will meet with success. That he will achieve what he has set out to achieve.

If you ask most athletes, they may deny that they feel this way. And they are telling the truth. Because the contract lies embedded in perception rather than in knowledge. And because it lies in their perception, it is all the more powerful and all the more operational. If you ask a rich man if he believes that he will take his wealth with him when he dies, he will undoubtedly say, “no.” And though he says that he will not, he lives as though he will. This is because this idea is part of his knowledge rather than in his perception.

Many athletes are drawn to the paint-by-numbers approach because of its appeal. And what is this appeal? The absolution from the responsibility for their own success. If the athlete does not *make it*, he can stand before a full-size mirror state

with a clear conscience that he did all that was required of him and that if this did not lead to success, then perhaps it was not meant to be.

The mind is exceptionally clever, is it not?

The athlete who *makes it*, has made it *before* he submits to his coaches demands. He has succeeded *before* he begins. For him, the training is a catalyst, rather than a condition. For him, the coach is an accomplice rather than a leader.

Ultimate success does not *depend* upon any form of activity, behavior, or attitude. It exists in the mind of the successful athlete, as a proclamation. As an absolute.

Not because he hopes for it. And not because he dreams of it.

Success for the successful athlete exists because he has no choice but to succeed.

The Myth of Performance

The name of my company, Siddha Performance, exemplifies a dilemma that is inevitable when language is used as the primary mode of communication. Performance is a word that everyone understands so it helps to categorize the company's work. But it is imperfect. For there really is no such thing as a *performance*.

The worst actors are the ones who act. If you were to watch a movie in which it looked as if the actor was acting, would you watch another one his movies? Intellectually, we understand that he is acting. But the beauty of the experience is in buying into the illusion, the willing suspension of disbelief. If the actor is caught acting, the illusion is broken and we feel betrayed and disappointed. The best actors are those who become something, not who act like something. In this way, what they do is not a performance, but a natural display of the character they have wholly personified.

The best *performances* in sports, and even music, are those in which the athletes and the musicians lose themselves in their craft. Their motions and behaviors are simply a natural extension of that which they have given themselves to. This is why they rarely hear the crowd, and are largely oblivious to

the outside the world.

Interestingly, the world begins to mimic their motions. But it does not work. Because the motions are not the true source of their art. The motions were simply a reaction to the world that they inhabit for that brief period of time. Without a sort of *becoming or a transformation*, the motions are simply a shell.

My approach to the athlete is completely different from that which prevails in most parts of the world. My approach is not to make him rehearse his motions. For these will come of their own accord. I am interested in helping the athlete enter a different place, *become* something first, and the actions that flow will be a function of who he has become.

For in the transformation of the athlete's persona lies the transformation of his *performance*.

Positive Thinking?

The mind does not necessarily operate according to logic. It operates according to untempered emotion. And often, irrationality.

Who could argue with positive thinking? Is it not a must in achievement of success and performance?

Like all that is life, it depends.

If an athlete is generally positive, if this is his outlook on life, his natural demeanor, there is no issue worth discussing, for he is living with himself, as himself. What of the athlete who tends to view the negative side of things, for whom positivity is a tool, an aspiration, a bridge to somewhere?

If he hits an errant shot, he is advised to *look at the bright side*. If he fails to qualify for an event, he is told that *there's always next time*. If he makes a faulty play, he is advised to *forget about it and move on, to detach himself from the results, to live in the present, to not cry over spilt milk, and charge forward*.

It seems like perfectly sound advice.

But what if the athlete continues to hit errant shots? What if he continues to make faulty plays? What if he fails to progress toward his goal?

What if *looking at the bright side*, while temporarily appeasing his disappointment, does little to advance his career? How long will he continue to *forget about the last shot*?

And if he does not ultimately achieve his dream, the very same advisor or psychologist, the very same consultant, who advised him to *keep his chin up*, and *think positively*, will also tell him that he should be proud of himself for having given it his best shot. And that, after all, *not everyone can be Tiger Woods*.

With respect to the achievement of one's goals, are there no athletes that have been driven by negative thinking? While, in some cases, it may be advisable to forget the errant shot, is it not advisable in other cases to keep that shot in the forefront of one's mind so it never happens again? Is it not sometimes worth losing a match in order to learn the lesson that this mistake that you have repeated again and again has cost you dearly? What if one were actually advised to ponder and fret and beat himself up over a particular mistake that he has made

for years. What if he was advised to live with the mistake, think about it, even reenact it in practice, anything but forget it, so that he learns to once and for all eliminate it from his repertoire?

Are some not driven by the prospect of riches, directly to ultimate success? Are some not motivated by revenge, humiliation, acceptance from the public, parental approval, envy, and jealousy? Is this positive thinking?

In virtually every sporting event at the highest level, athletes routinely curse, throw clubs, complain, and shout, and these are among the best players in the world? Did they only begin this behavior *after* they turned professional? Or have they been doing this all along? And if they have been doing this all along, how did they break every sport psychology rule in the book, yet still succeed? If they succeeded this way, why are amateurs taught to live by a different standard?

Everything that one does depends upon what their ultimate goal is. If their goal is to live a life in which disappointment and worry is kept in check, then one may adopt the principle of positive thinking. If one's goal is to succeed in his given craft, positive thinking may work for some, and not for others.

The world is not a neat and orderly place where parents

don't push, and children are left to play, and success is no consequence, and failure is brushed aside. The world is what it is. Different situations present themselves in vastly different forms, to individuals of vastly different sensibilities and backgrounds.

Do you believe it is difficult to find thousands, if not millions, of positive thinkers who ultimately failed? Do you think it will be difficult to find negative thinkers who succeeded? Do you truly believe that either will be the extreme exception to any perceived rule?

The journey to success is wholly unpredictable. And often unpleasant.

The mind responds to negativity as much as it responds to positivity. It simply depends upon the individual, his life experiences, and his circumstances.

Those who succeed break all the so-called rules. And yet those who strive for success are advised to follow them. Should the individual be made to fit into the principles of sport psychology, or should sport psychology adapt to fit the needs of the individual, no matter how counterintuitive they may seem.

Is it not more effective to look at the individual as an individual, rather than as an aphorism? Is it not better for the athlete to be free in allowing himself to respond in any manner that contributes to his motivation and allows himself to succeed?

The road to success is full of complexity, disaster, glory, and abstraction. It is wild.

Why the insistence upon taming it?

Distractions

We live in a chaotic world. Technology, while it has contributed to man's level of comfort, has done little for his well-being. The mind is restless by nature. Its exposure to electronic gadgets is a sure way to fuel the restless fire.

The world has become consumed by technology. And modern man has crawled inside a world of microchips and pixels that has defined his new reality. For many, this world of artificial intelligence has become a new world of domestic existence. The world, and the mind, is more distractible than ever.

But what of the man who has set before him a goal? He finds himself struggling to maintain an appropriate focus. He finds himself at war with the whims of the mind.

But is he truly a victim? For there is another man who lives in this same frenzied world. And inside an equally crazed mind. But who remains focused on his goal, despite all that is around him.

What is the difference between these two individuals?

Has one of them found a particular technique, a system, a
how?

Could it be that those who succumb to distraction are those who lack belief? And that those who lack belief are the very same ones who roam there and about, searching for *how?*

The man who remains focused on his goal is motivated to do so. And perhaps his primary source of motivation, his wave of momentum, comes precisely from the belief that he will attain his goal. The more he believes, the more he is motivated. And the more he is motivated, the more shielded he remains from the power of the distractible mind.

Man does not acquire distraction. He succumbs to it.

And perhaps distraction is more a symptom than a disease. It betrays a lack of belief. And allows him to succumb.

And in the end both of these men's lives arrive at fruition. One realizes his dreams, and the other, his fears.

Moderation

Water does not boil until the temperature reaches 100 degrees. When a planet implodes a black hole forms. Inside of it, the gravity is so intense that even light cannot escape its grasp. When a person encounters a life and death situation, his heightened level of awareness changes his physiology, allowing him to achieve *superhuman* feats.

The idea of moderation, balance, and symmetry seems pleasing. It seems correct. The idea that all is well, if things are taken in moderation. Will a single drop of poison not kill a human being? Will a moderate amount of meditation truly produce altered levels of consciousness?

Siddhartha Gautama (The Buddha) serves as one of the most inspirational figures I have ever encountered. He espoused the middle way, the center point between two opposite extremes. And yet, he left home, abandoned his family and lived alone in a forest and sat under a Boddhi tree and stated that come what may, come life or death, he would not leave this spot until he reached nothing less than enlightenment itself. Does this sound like a man of moderation? Does this sound like a *middle* way?

For the athlete who wishes to play at the highest level, will a moderate amount of practice suffice? For the executive who wishes to climb the corporate ladder, will a moderate amount of work or education be adequate?

There is nothing inherently wrong with luke-warm water or average intelligence or perfectly formed planets that have not succumbed to supergravity. Balance and moderation are an option, depending upon one's goal.

If one seeks the highest, is this not in itself an *immoderate* goal? And if the goal is immoderate, even imbalanced, will not the methodology and the path be equally imbalanced?

The truth is, transformation occurs at the extremes. It is only when the situation, the mind, the human being approaches the extreme that something is virtually guaranteed to happen. It may be something uplifting or disastrous. Something glorious or calamitous. But something will certainly happen. And it is in this moment that great possibilities emerge.

Is balance a myth? Is moderation a viable concept? Perhaps. In certain situations. But life does not typically conform to proportionality. In fact, it is perhaps the greatest example of imbalance and immoderation. Are our emotions

balanced? Are the events of our life moderate and predictable?

The successful athlete encounters progress at the extremes of effort. The successful coach elicits a greater effort through extreme methods.

Immoderate goals necessitate immoderate efforts. Success occurs at the fringes. It is precisely the edges of the universe that man searches for, not the middle.

For it is only at the breaking point that one's constitution is revealed. And only at the extremes that a new possibility emerges.

Attitude

It is often impressed upon all individuals, particularly athletes, to maintain a *good attitude*. The manner in which attitude is referred to is often in the context of behavior. But what is attitude? Is it a prescribed set of behaviors? Is it an action which conforms with social standards? Is it carrying oneself in a particular way in order to reflect proper breeding?

Is it a formula for better performance?

Do all the great players have great attitudes? Does Tiger Woods have a great attitude?

What is a good attitude? And why is it important to have one?

An attitude is more of a reflection, than a prescription. A reflection of poor breeding? A reflection of bad coaching?

Not necessarily.

An attitude is a reflection of a man's perceptions.

I do not categorize an attitude as good or bad. Any given situation can be perceived in many different ways. And the

manner in which a particular individual views the situation will define his attitude toward it.

This is yet another example of the performance community's insistence upon setting forth a set of commandments for human behavior. As such, it is another example of the performance community's failure in understanding human beings.

I do not recommend that anyone have a certain pre-defined attitude toward a particular situation. I simply recommend, if the individual is so inclined, to look toward the root of the cause.

It is true, that faulty perceptions can adversely affect the quality of one's life, and certainly the quality of one's performance. But in addressing this matter, it is the perceptions that will need to be explored, rather than the attitudes that flow from them.

How one sees affect what one does. Is it not more beneficial to help one examine what it is that he sees, rather than instruct him on what it is that he should do?

Positive Thinking

I have had sports psychologists visit with several of my players. Positive thinking is something that they stress. What is your take on positive thinking?

Thinking is thinking, be it positive or negative. The recommendation for positive thinking is simply a reaction against negative thinking. They are two sides of the same coin. They are both in the mind.

If you think a positive thought or of some pleasurable experience, it can have the effect of elevating one's mood. But only for an incremental period of time, following which the thought patterns revert.

Why?

Because mood is also in the mind. It is all a shell game, an attempt at separating water from itself.

The mind is happy for you to play games with it, as long as **it** is the substrate in which the game is being played.

An athlete plays his best not when he is thinking positively,

but when he is not thinking at all.

Technique

What have you found is the best way to teach a player a particular technique?

The teaching of technique begins with prioritizing *understanding*, rather than movement. It is too often the case that the teacher takes matters into his own hands and attempts to *teach* the player every part of the movement in the sequence. This leads to dependency. And a player who is dependent will be limited in his ability to help himself.

Find the one or two most critical and non-negotiable aspects of the technique and help to hone the player's understanding of these. The player will fill the gaps in between.

For sports that involve an instrument with which to hit a ball (tennis, golf, hockey, baseball, soccer, badminton, etc . . .) it is important to begin with *impact*. When a player gains a complete understanding of impact, the non-negotiable aspect of the technique will be in place. And he will *find a way* to create the subordinate movements in order to accommodate impact.

What must be understood is that while there are certainly some techniques that must be taught, the ingenuity of the human organism to learn the movement is often underestimated. If the player has difficulty learning a particular technique, it is often because of too much guidance, and too little understanding.

Is the Mind an Antagonist?

Dr. Gupta, no matter what technique I try, the mind seems to work against me? Why does it get in my way?

Does a truck traveling on the freeway work against you? The only way it can *get in your way* is if **you** get in **its** way. If you leave it be, it will not trouble you.

Because you believe that the mind works against you, you focus on techniques to control the mind. The mind cannot be controlled. And it does not need to be.

There are techniques based upon understanding, by which you can go beyond the mind. But in order to explore them, you first must realize that the mind does not **work against you**. The mind does not **work against** anyone. It simply **works**.

On Becoming a “Competitor”

Dr. Gupta, I sometimes let the competition get the better of me. How can I become a better competitor?

If you seek to become a better competitor, you will be limited in what you can achieve.

I am known for what most consider to be heretical statements, and I do not make them for shock value. I am sincere in what I say. This will definitely be seen as heresy:

Don't compete.

As long as you compete, you will struggle against the current. You will remain in conflict against imaginary foes.

And your full potential will remain dormant.

Play the game and play it with all your heart. No thoughts, no consequences. In giving yourself to the game, you will learn to play it beautifully.

Competing will keep you bound to an endless struggle from which there is no reprieve. Competition is a veil between you and your possibilities.

Competition is a disease. Perhaps this is why everyone feels
the need for a psychologist?

Tennis: The Opponent

A central element of tennis is The Opponent. A player's performance on the tennis court is directly proportional to the nature of his conception of his opponent.

The way a player sees his opponent will determine how much of his skill he has available to him for that particular match.

It is perhaps shortsighted to believe that all players view opponents as some generic obstacle to their goal. When one player sees another, there is a perceptual and chemical reaction which takes place. This reaction modifies the very physiology of each player. And since a human being is a biological organism which functions by way of its physiology, his functions and his performance stem directly from his physiology at a particular moment.

The way the player sees the opponent during the course of the match often changes, depending upon the details of the match and the player's perception of his performance and the outcome of the match. The player's perceptions are also directly related to his physiology. Players are, thus, told to focus on the process rather than the outcome; to not get ahead

of themselves. The advice is sound.

My only question is: Does it work?

And if so, how often? And with what percentage of athletes?

A player's perceptions of himself define his perceptions of his opponent. And his perceptions of himself are not so delicate as to be undone by a clever phrase or directive. If a player seeks to extract from himself the fullness of his ability, he must be willing to go on a journey. A journey of examination. And the coach who wishes to see his student in full bloom must create an environment for that journey to take place.

How is this done?

There are various methodologies that I have developed, detailed, simple, and abstract.

But the real question is, *Are you ready for the journey?*

Teaching Through Words

Dr. Gupta, I've read your discourses on teaching. And I have a question related to this. As a coach, I often have to teach and re-teach the same technique numerous times. My players are very intelligent. But why don't they get it? Or, at least, get it sooner?

The difficulty you face is the difficulty any teacher or coach faces when he uses language as the primary means of communication. I understand what your mind is saying at this very moment: *How do I communicate without language?*

I have developed various methods of communication and teaching that bypass the imposed limitations of language. The problem with language is that it tells you *what*, but not *how much*. It tells you *where*, but not *exactly where*. And in the acquisition of world class skill, the *how much*, and the *exactly where*, are everything.

The type of teaching that pervades the world today relies solely upon words as a navigator. The problem with words is that they are imprecise. As a result, they will always miss. Words are effective at transmitting sound more than meaning.

The Siddha form of teaching is to be devoted to the idea of capturing the student's attention, and once captured, leading him to a place of understanding, rather than

submission.

Creating Art

Dear Dr. Gupta, I am a dancer. I have read your writings about creating art. My teachers tell me that I have a lot of talent. And I want to impress them. But I sometimes struggle to create the movements. I would like to create art, as you speak of. But how do I create it?

It is because you are *trying* to create it that the creation does not happen. Although technique is important in learning any skill, once the skill is present, it is no longer about technique.

Any movement that you consciously and willfully attempt to coordinate will necessarily be clunky and disjointed. It will be more of a fluttering of the limbs, rather than a dance.

The artist does not try to create art. She gives herself to it. And in giving herself to it, the art emerges.

Do not try to coordinate. Do not try to impress. For any attempt at making an impression outside of you, will retard the flow of expression within you.

Art

Art lies more in the production than in the product.

Practice

Dr. Gupta, can you please share with me your thoughts on practice? Thank you.

A wonderful topic, indeed. In my upcoming book I discuss the concept of practice in considerable detail.

Practice, in my opinion, is woefully misunderstood, the world over. I assume that, as a coach, you are speaking of practice for purposes of developing one's level of skill. Catch phrases such as *practice with a purpose*, *practice makes perfect*, and *practice makes permanent* make for nice quotes in books and bumper stickers but they are largely impotent. ***For they express a sentiment devoid of practicality and significance.*** If such things worked, then the majority of those who have heard such phrases would be masterful at skill acquisition.

Have you found this to be the case?

The natural response to this criticism is that *few individuals are committed to practicing with a purpose* (I believe I noticed a question on *commitment* in the queue and it will be discussed in another post). But I believe this to be a most convenient explanation.

Practice must be tailored with **the mind in mind**. No one does this. And they do not do it because they divide *performance* into *physical* and *mental* halves. This is not in

keeping with reality.

I have spent decades investigating the nature of the human mind, its role in achieving success, and its association with practice and performance. My results will surprise most. And they will incite protest in many. I cannot go into great detail in this particular format so I will most briefly highlight only a few of my thoughts. These will be expounded upon in my upcoming book.

I will state at the outset that the following words **WILL** be misunderstood, particularly by those who approach with skepticism. **Do not** take these as prescriptions, for to act without complete understanding is to sow the seeds of dependency.

Make your practice sessions brief.

Outline in one brief sentence, with laser precision, what precisely you are going to practice.

Practice alone. If it is a team practice, have each individual practice his precise role, alone, first.

Practice that which you love (a direct contradiction to the sport psychologists who advise individuals to practice their weaknesses).

If the nature of the human mind is not the foundation of every practice session; if it does not infuse every millimeter of your practice routines, you will not gain access to the entirety of the skill that is within you.

Acting Is Not An Act



While one may call himself an actor, the true actor will shun this label. While the discipline may be referred to as acting, it is perhaps labeled as such due to the difficulty in finding the most appropriate term.

The amateur acts. He plays a role. He makes motions. And speaks words. For him, *actor* is the most appropriate description.

How about the individual who has no interest in *acting*?
Who sees the artificiality in it. Who is drawn by the craft,
rather than the trade. This individual is not an actor. He is an
artist.

The actor acts. The artist becomes.

The actor mimics. The artist flows.

The actor does. The artist allows.

The audience knows. While it may be possible to fool their
brain, one cannot fool their heart. For the heart is a master at
recognizing the authentic. Because it responds only to
feel rather than logic. To emotion rather than perception.

The artist has learned to transcend technique. His limbs, his
motions, and subtle expressions are completely under the
influence of who he has become. And the surfacing of these
subtleties are not the result of one's effort. They are a gift for
his willingness to disappear.

The artist has learned the art of transformation. A
transformation so complete that nothing of the old remains.

What was once an actor has become an artist. What was

once an audience has become a participant.

The Relative and The Ultimate

Dr. Gupta, I'm going to be a little forward, so please forgive me. There's philosophy and there's reality. The bottom line reality is getting my players to perform when everything's on the line. Can you help me do that?

In a correspondence through my website? It will be difficult. In person, absolutely. And sooner, rather than later.

Coach, I love not only your question, but also the way in which you asked it. I have always been practical in everything I have written or spoken. The perception, particularly among those with a *tough* exterior, is that talk of the mind and *the zone* and reaching into oneself is nice theory but it does not work.

I will tell you what does not work. Prescriptions do not work. The three P's or the four D's concept does not work. Positive thinking does not work. Self-talk does not work. Motivational speeches do not work. The mind looks at these and laughs. Why might they work for a short while? Because the mind has a sense of humor and sometimes it decides to play along just for fun. And then it reverts.

These things do not work because they are cosmetic. They do not address the root of the problem. And anything that does not address the root of the problem, whether it is athletics or engineering or gardening or medicine, ***will not work.***

If a car needs repair, the only way to repair it is to dig into the engine and find the root of the problem. That is the ***only*** way.

My approach differs from almost everyone else in the world of performance because 1) I am passionate about going where most performance experts do not wish to go, and 2) I want to go where many athletes, performers, and coaches, themselves do not wish to go. This is why Siddha Performance is for **seekers only.**

From a business perspective, what the other companies are doing is more intelligent than what I am doing. They are going where the business is. Because most performers are looking for a *quick fix*, they look for ways to give it to them.

I am not in search of incremental improvements. I am not interested in the results of your next game. I am not interested in the outcome of your next performance. Why? Why did Edmund Hillary want Everest? Why did Shackleton want the Antarctic? Because it is the ULTIMATE.

I am interested in helping an individual reach a level in which he gains one hundred percent access to the skill he has accumulated. Not *relative* performance. Not wins and losses.

Not shiny gold trophies. But pure alchemy. And parenthetically, if one gains access to the full sum of his talent virtually every time he performs, do you think some of these ancillary gifts might be bestowed upon him along the way?

I founded this company in order to help individuals discover for themselves what the masters of the East have known for thousands of years. I am interested in helping individuals go **beyond their mind**. So that they are able to access the talent that is already present. Performance is a question of access. It is all about access. And almost no one is doing it.

The interesting thing is, most performers have already accessed it several times before. But they do not understand it. And as long as they do not understand it, it will continue to elude them.

Company?

There is no such thing as a company. There is only the human being.

Things Happen

Things do not happen for us.

Things do not happen to us.

Things just happen.

Disappointment

Dr. Gupta, how can I get past my disappointments over bad performances?

By getting rid of your agenda.

As long as you have an agenda, you will suffer. The more impure and diluted your reasoning for doing what you do, the more it will take from you.

Disappointments arise from expectations. As long as you have expectations, you will forever live with disappointment. This is a certainty.

As long as a performance is, for you, an event that can go right or wrong, good or bad, high or low, it will always end in disappointment. Even the apparent victories will, in the end, be disappointments.

You do not need to take my word for it. In fact, it is better that you don't. If you examine the pattern of your professional life, you will understand.

The Source of the Dance

There is a unique aspect of dance that is rarely discussed. It relates to the emanation of the movement, the very seed of the rhythm.

At its best, a dance is a manifestation of stillness. Each movement is complete in itself. Each part is the whole.

Why does the dancer fail to reach perfection in a given dance?

Because he tries to manufacture it.

Why does he try to manufacture it?

Because he does not recognize its source. He perhaps does not even recognize that there is a source. As a result, each movement becomes a conscious and mechanical action, rather than a flow.

When a dancer believes that he is the creator of the dance, he falters. Effortlessness withers into effort. Stillness degrades into unnecessary action.

Modern performance coaching is enthralled by the idea of technique. It is convinced of the efficacy of prescriptions and tips. This is why masterpieces are so rare.

A sole reliance upon technique limits the performance. A performer encumbered by thought, no matter how positive the thought, will fail. His will be a compilation of movements, rather than a dance.

If a dancer wishes to create art, he must first become an artist. For an artist is the manifestation of the art itself. In order to become an artist, it is imperative that he find the source from which his art springs.

In finding the source of his dance, he will not struggle to express it. For the art will express itself through him.

The Modern Athlete is a Beggar



The modern athlete does not play a game.

He has nothing to do with the game.

For him, the game is simply a vehicle for attainment. An arena in which to demonstrate superiority. A place in which to soothe his self-doubt and make himself whole.

The athlete is in good company and this keeps him

entrenched within his deluded path.

The society and the media are with him, for they are lost in their own deluded search. Relativism, comparisons, dualism, and competition are emphasized. From childhood forward, one is turned against another, and a battle is waged.

A battle for ego, pride, and self-worth.

What is interesting is that the battle only appears to be against another. When truthfully it is not.

The battle that is being waged lies within his own mind. It is being waged against his inadequacies. Against his distorted and unflattering perceptions of himself.

The modern athlete comes to the game in search of a reward. This is why he feels the full force of the mind. This is why he lives in dis-ease, angst, anticipation, and frustration.

And this is why he rarely gains access to all of the ability within him.

Because he seeks to win the game, he does not know how to play it.

His intentions are tainted by self-gain. He looks to usurp from the game that which he lacks within himself.

But the game has not the ability to mend the human constitution. This is not the reason for which it was created.

It is not a well for the thirsty. Rather, it is a playground for the satiated.

The only person who can play the game as a game is not the one who seeks to mend himself.

The only person who can play the game is the one who arrives complete within himself.

The person who arrives whole, has nothing to prove. And nothing to gain.

As a result, his play is not an expression of competition, but of freedom.

He plays not for love, but out of love.

The game was meant for precisely such a one.

For only he understands what it truly means to play.

The “Mental Game”

Dr. Gupta, how much time should one spend on the mental side of the game?

How much time should a painter spend on becoming inspired?
How much time should a dancer spend on allowing herself to feel the rhythm of the music?

The *mental* side of anything is not a game. It is an understanding.

To reduce things to an eight-step solution is to see only the silhouette of things.

How much of the game relates to the mind? Zero percent.

Or one hundred percent.

Nothing in between.

Is the learning of a new technique an entirely physical affair?

To see things in terms of a physical game and a mental game is to see only the components of the situation. And the whole is always more than the sum of the components.

All that happens in one’s life, from the seemingly mundane to the complex, relates to the state of one’s mind.

To reduce the mind into an installment within an instruction manual is to not know the mind at all.

The performance world insists upon making a division between physical training and mind training. This is why most of the issues that athletes and performers face relate to performance, rather than practice. This is why there are so many problems with regard to translating and transferring one's ability from the practice arena to the performance arena.

This is also why performers feel the need to practice for long hours. Because without efficiency of mind, quantity must necessarily make up for a lack of quality (though it never really does).

It all relates to the mind. From the reason the player plays to the reason he finds it difficult to play.

It is all mind.

Is it not?

Self Doubt

Dr. Gupta, I'm a private tennis coach. The players that come to me are very skilled and are looking to make it to the professional ranks. I deal primarily with technique, rather than the mental side. At this level, one thing they all struggle with is self-doubt. How can they overcome it?

The mind is infinitely more affected by the possibility of failure than it is with the possibility of success.

I have to say this again as it is imperative to understand this: for the mind, the fear of failure looms far larger than the hope for success. Further, it is the hope for success which gives rise to the fear of failure.

If one plays through the mind, one will be subject to its patterns and habits. And doubt is one of them.

In the end, one's goal determines his point of focus. If he comes to play a game called tennis, he will play tennis, and the mind will be focused on the tennis. If he comes to play a game called *success vs failure* in the guise of tennis, his mind will be focused on success and failure, and so his tennis play will lack quality and fortitude.

Every athlete must be honest with himself as to precisely
which game it is that he is playing.

I wrote a discourse on this some time ago. Here is the link:
<http://bit.ly/whichgameplaying>

Reach Instead of Teach

Dr. Gupta, maybe you can help me with something. I'm a tennis coach at a fairly prominent institution. I've been reading your work for several months. I finally felt an urge to reach out to you. I'd like to ask you if you can help me. I sometimes find that I go in circles with some of my players. They work hard for a while, then they stop working. My teaching is effective for a bit and then it sort of wears off. How can I keep consistency with the way that I teach? And how can I make my players want to do whatever is necessary for them to succeed? Thanks (and sorry for the long-winded question).

You can be as long-winded as you wish. You're speaking from the heart, and I like that.

On any given student or athlete, the teaching will eventually lose its charm, the words will wear thin. The dilemma with teachers is that they are sometimes more in love with teaching than the athlete is with learning. Also, because the teaching is so plentiful, it carries little value for the athlete.

If a lesson is quick and surgical and infrequent, it carries a

greater appeal. If for no other reason than its scarcity. Teaching must be done with an understanding of how the mind works with regard to communication. This is what is lacking in the world of performance.

In my work I have found that teachers often times fall into the trap of speaking rather than observing. No one teaches the teachers to do this. They are taught that a teachers' job is to teach. Sometimes they are taught a more advanced lesson, which is to listen. But an even greater lesson is left unexplored: the need for objective observation.

Observation is not an observation of one's actions in relation to a perceived standard. It is observation without any form of judgment in the mind. The mind loves to judge and categorize and compare. This is not true observation. You must see into the soul of a player. The subtleties, the nuances. It is there the truth lies.

But in order to do so, you must be able to get into a place within yourself in which you are free of your own mental biases.

I have found through years of experimentation, that in observing a player, one is able to see him. And in seeing him, he is able to reach him, rather than teach him.

Practice That Which You Love

In your discourse entitled “Practice”, you say to practice that which you love (a direct contradiction to the sport psychologists who advise individuals to practice their weaknesses). Firstly I agree but how would you argue against someone who says you should work on your weaknesses?

The quality and the result of any practice session is most influenced not by the nature of what is done, but by the manner in which it is done. And the manner in which it is done depends upon how one feels about the skill in question.

Human beings generally enjoy doing things that they are good at. For whatever reason, a person may have a knack for one specific type of skill in his discipline. Because he has a knack for it, he will enjoy practicing it. If he enjoys practicing it, it will not seem like work and, therefore, he will develop the skill in a shorter period of time.

If a person recognizes his strengths, he can make these strengths superhuman strengths. He can hone them to a very high level and enjoy himself in the process.

Why is this important?

Because in doing so, one can build his entire craft around it.

I believe it was the legendary Scottish golf coach, Bob Torrance, who once said, “If you work on a player’s strong points, then you automatically will strengthen his weak points. But if you work on his weak points, then you will weaken his strong points. Never weaken the strong to strengthen the weak. Why would you want to do that?”

I am not saying that one should not address his weak points. But, unless he falls in love with the idea, the person will rarely make these weak points into his strongest points. As such, he will not be able to build his craft around them.

In the end, achievement is about uniqueness. And one’s uniqueness, one’s identified talents, are his strengths. Not his weaknesses.

Teaching Through Silence

Dr. Gupta, last week while coaching I tried a couple of experiments. I conducted a golf lesson with no speech in an experiment to see how valuable language is in coaching. These are two new coaching concepts to me and I felt that all golfers involved learned more by my giving less. Then it hit me: Was it possible to hold a coaching session without a spoken word by coach or student? YES IT IS. Firstly this takes immense discipline from the coach and an understanding pupil with an open mind. But I can honestly say that the results were great.

I am heartened to learn of your implementation of one of my techniques that I outlined in the discourse, *Teaching Through Words*: <http://bit.ly/teachthrwds>

If you speak five hundred words to a student, they will hear only a fraction of them. And the fraction that they hear may not even be the most important fraction. Human beings talk too much. This is why listening is such a rare art.

The greatest impressions upon any human being are often the result of what they see, rather than what they hear. The most ineffective route to a student's brain is through his ears.

Teaching through silence captures the student's focus. It allows him to see what needs to be seen.

He hears through silence, far more than he would have ever heard through words.

Great Teachers Are Hesitant To Teach



Great teachers are better observers than they are teachers.

Teaching is, in some ways, a myth. The greatest skill is learned, more than it is taught. And the great teacher realizes this.

The great teacher introduces the student to a concept and allows him to make acquaintance with it. He leads him into the room and allows him to have a look around. Given the appropriate freedom, the student ambles through the room, visiting the corners and the layout. His brain develops a feel for the boundaries of the room and how to move within it without bumping into walls. With time, the student learns to

live within the room and breathe its unique fragrance.

Eventually, the room becomes home.

This is the way in which skill is developed.

Unfortunately, the vast majority of the instruction that prevails across the world consists of leading the student by the hand. Pulling him into the room. Taking him to each part of the room and defining its characteristics. Showing him how to walk within the room. Demonstrating for him the length of the stride and the speed of the walk. The student is instructed to memorize the information and repeat it for the teacher.

There is a huge problem with this approach. In memorizing the information, the student's attention is on the information, rather than its relevance. His focus is on the form, rather than its place within the movement. In memorizing, he ceases to learn. In following, he loses his way.

The great teacher searches not for the perfect time to teach, but for the perfect time to retreat. Every now and again, he will reappear, not so much to instruct, but to enhance the student's understanding. For he realizes that the student's progress, or lack thereof, does not so much depend upon his mastery of the motion, but on the mastery of his understanding of the concept behind the motion. As the

student's understanding is refined, his motion progresses.

The great teacher is, therefore, a third wheel, so to speak. If he fears anything, it is saying too much. If he detests anything, it is standing in the way between the student and the concept.

The great teacher understands that it is only once the student makes something his very own, will he attain mastery of it. In making it his own, he transcends instruction. His skill becomes an inseparable part of him.

Learning begins when teaching stops.

The great teacher realizes this.

If only we had more of them in the world.

For this is who *Siddha Performance* caters to.

Golf: A Game Ruined By The Hand Of Man

Golf is a game that has for long been entrenched within a mortar of tradition and ceremony. For many, it approaches almost the status of religion. As such, there seems to be great hesitancy in questioning its format and the manner in which it is adorned.

I have no such reservations. Shall we proceed?

Fundamentally, golf is a stick and ball game. The object of the game is to use a stick to advance a ball into a hole (in as few strokes as possible, you say? . . . we'll get to that later). One would need to learn the most effective manner by which to make contact with the ball in order to advance it a certain distance, in a certain direction. One could spend hours at a time learning to manipulate the stick in this way and that, so as to make the ball obey his command. One could really lose himself in the acquisition of such a skill, the same way a painter loses himself in the strokes of his paintbrush. Such a game could be quite fun.

If things were left the way nature intended them, life would be peaceful. If it weren't for the interfering hand of man. So

how, in my opinion, has man managed to ruin this innocent game?

Here we go . . .

There are 18 HOLES

18 holes? Four to six hours? What on earth for? 6 holes sounds like a game. 18 holes sounds like community service.

Do you disagree with me? The next time you are at a golf course, take a photo of every golfer as he walks off the eighteenth green. How many of them look relaxed, happy, and satisfied? Do you think they would have a similar countenance as they walked off the sixth green?

Juniors and professional caddies are REQUIRED to carry bags at golf tournaments?

Let's examine this for a moment. A human being has 33 vertebrae. These vertebrae support the weight of the upper body and house the spinal cord, which connects the nerve signals between the brain and all parts of the body. Fairly critical, wouldn't you say? So why don't we take fourteen golf clubs, composed of various metals, coupled with headcovers, golf balls, wooden tees, rangefinders, towels, and rain gear, place it into a three-plus pound bag and carry it on our back

for those lovely 18 holes? What once started out as a stick and ball game, has suddenly become a weightlifting endurance contest. What does carrying a bag have to do with hitting a ball with a stick? If you want to have a weightlifting endurance contest, then let them strap on their golf bags, get set, and run eighteen holes and see who crosses the finish line first. Why waste time hitting golf shots?

Which high-rise law firm wrote this rule book?

What kinds of rules are these? I know of imprisoned politicians that aren't this ruthless. When a rules official makes a ruling, it sounds an awful lot like Miranda rights.

Perhaps tour players should trade in their caddies for attorneys. If it is legal to burn the American flag, it should be doubly legal to burn the golf rule book. This book should have been burned shortly after the Salem witch trials. And the rules within it are no less ghastly. Mahatma Gandhi, in wishing to free his country from the British raj, made a very important statement, which I will paraphrase: *There are unjust laws as there are unjust men. The question is, do you make rules to punish people, or do you make rules to change things.* In golf, the rules are truly there to punish. And the punishment does not often fit the crime.

The concept of Par

The idea of par is a performance-killer. Par is an expectation. It has become an internalized standard for golfers. They play toward it, and around it, as if it were the hub of the great wheel of existence. It is akin to whispering an expectation into a child's ear before he makes a great leap. If the concept of par did not exist, golf performance would improve. Why? Because the entire complexion of the game would change. The game would be perceived differently. And one's incessant comparisons against an arbitrary standard would vanish. In removing the idea of par from a golfer's mind, his vision would become unclouded by expectation, and the object of the game, that 4.25 inch hole, would finally come into view.

Score

I promised you I would get to this: " . . . in as few strokes as possible." We have before us a stick and ball game. The object of the game is to use the stick to advance the ball into the hole. Until now, all is fun and optimistic. If the concept were left this way, players young and old would of their own accord attempt to get the ball into the hole as soon as possible.

But when you say, ". . . in as few strokes as possible," you change the game forever. You change the way it is perceived.

And you change the way it is played. The game suddenly

changes from a stick and ball game, into a score game. As the human mind is addicted to comparisons, rankings, and stratifications, the score became the way by which to pit one human being against another. It matters not what the sport psychologists say, the golf score has become the soul of every golfer. It is what he sees in the mirror. It is who he is. It is what he once was. Or what he may never be. The golf score has become the very humanity of the human being who plays this game. And this is a tragic and pitiful affair.

Grass Nazis

A universal propensity of the untrained mind is to become attached to things. To attach an undue importance to the valuable and the mundane. I know of jewelers who are less protective of their diamonds than those in the golf industry are to grass. I'd like to give them an optimistic bit of news: grass grows back. Take a long and protracted breath. Gain a little perspective. It's grass. Did you hear me? I said it was G-R-A-S-S. Yes, that very same ubiquitous semi-green element that covers a fair amount of this planet. In case you forgot, I'll say it one last time. It's G-R-A-S-S.

Etiquette

Decent human beings off the golf course are decent human

beings on it. Are you telling me that along with learning a set of rules that rivals the complexity of the Holy Bible and the Affordable Care Act, that we must learn a new sense of morality? Are you saying that adherence to the Golden Rule, decency to your fellow man, and a sense of cordiality and goodness is simply not enough? Anything beyond that which falls under the cryptic rubric of etiquette, is yet another arcane idiosyncrasy.

This represents the first of a series of discourses that I have planned for *Golf: A Game Ruined By The Hand Of Man*.

More in the next installment . . .

What If There Were No Teachers?

I have studied this question from various angles and in various evolutions for several years.

Let us proceed through this systematically. We have before us millions of athletes and performers who are trying to achieve their goals in a particular discipline. Most of them have coaches. (For purposes of simplicity, I will use coach and instructor as synonymous terms.) The vast majority of the coaching that takes place relates to technique. In other words, teaching the student to create a particular motion in order to achieve the most effective outcome.

Can this work? Absolutely. A student can be taught. A student can be coached. And a student can be successful in this way. But my question is not, ‘Can a student be coached?’ My question is not ‘Can technique be learned from someone?’

My question is this: What are the real-world consequences of learning technique from someone else, and what would learning look like if all teachers in the world suddenly vanished?

In examining any question it is important to look at the

evidence before us. Let us use golf, as an example. In the old days, we saw great players like Hogan, Snead, Trevino, Nicklaus, Nelson, Player, Floyd, and so on. Did they have coaches? No. (Nicklaus saw Jack Grout very occasionally). Did these players analyze their swing on video? No.

Without the aid of instruction or video analysis, these players became golf legends. They played the game of golf magnificently. And they are not alone. There are many more just like them who played golf at a supreme level without coaching or instruction.

What is the present day situation in professional golf? Teachers on every corner. Teaching academies. Coaching clinics. Books. DVD's. Online instruction. Swing training aids. And video analysis software that rivals that of NASA. With all of this instruction, are the players today better than those mentioned above?

I do not want to digress from this discussion by discussing the change in ball and club technology, as many would have me do. I urge you to remain on point. From the standpoint of playing golf, are the players today better than those players mentioned above?

What are the consequences of this modern approach?

Clearly there would not be academies and coaches and DVD's proliferating at such a rate if the demand did not exist.

Why is there such a demand for coaching?

Herein lies the nucleus of the matter. Coaching, although it has certainly helped some people in some situations, has on the whole, made individuals dependent. The problem with being taught is that when something goes awry, the instinct is to call the coach.

Why?

Because it is the path of least resistance.

Human beings are incredibly adaptive creatures. They learn to live within the environment that they find themselves. The current environment is one in which there are nothing but answers. As a result, players are willing to pay for them.

But what if there was no storehouse of answers? Then players would have to find the answers themselves. Their instincts, instead of looking outwards, would look inwards.

One might ask a wholly appropriate question at this juncture: "If a player is looking for an answer, what does it

matter whether he gets it from a coach or from himself? Just as long as he gets it.”

My response to this question is this: *The problem with answers is that they only provoke more questions. The player who looks for answers is suffering from the illusion that the answer is the solution to his problem. The solution to any problem does NOT lie in the answer. The solution to a problem lies in METICULOUSLY DEFINING THE PROBLEM.*

When a player is forced to turn inward for his answers, he is forced to define the problem before him. As such, he sets off on a course of trial and error in order to find that solution that is most reproducible for himself. In doing this, he learns self-reliance. From self-reliance comes confidence. And some would argue that self-confidence is the holy grail of golf.

A man who learns to live with himself learns to understand himself.

And a man who understands himself has no need for a teacher.

The World of 'I DON'T KNOW'

What is the most optimal path for success for a striving athlete? I Don't Know.

What is the best way to train in order to maximize improvement in the smallest period of time? I Don't Know.

Does a player's upbringing directly affect his drive for success, or is this more of an innate quality? I Don't Know.

If you have one player who is constantly instructed by a superior coach, and another player who is left to his own devices, which one of them has the better chance for success?
I Don't Know.

Why did Tiger Woods become Tiger Woods, while others who adopted a similar plan of training failed to achieve even a fraction of his success? I Don't Know.

Does hard work really get you anywhere? I Don't Know.

Are some individuals simply destined for success? I Don't Know.

Is the model of Long Term Player Development really critical to becoming a tour pro? I Don't Know.

Should children follow the advice of modern instructors who caution against specializing at an early age, or is it precisely specialization at an early age that makes one elite? I Don't Know.

Does driving distance really have anything to do with height? I Don't Know.

What is the real human possibility with regard to driving distance? I Don't Know.

Are professional golfers capable of consistently shooting in the 50's, if they would break from the pack and look at golf in an entirely new way? I Don't Know.

Does the golf swing really have anything at all to do with shooting low scores? I Don't Know.

Would Ben Hogan have become the man he was if it wasn't for his witnessing the tragedy involving his father? I Don't Know.

The impetus behind the genesis of Siddha Performance are

the words, I Don't Know.

There is much that I surmise. There is much that I examine.
There is much that I explore. There is much that I wonder
about.

There is very little that I KNOW.

I Don't Know has been a great friend to me. It is what keeps me energized. It is what keeps me awake at nights. It is what keeps me sifting through the prairies and the grasslands hunting for that piece of knowledge that will settle the question of the day. It is what keeps me on my search.

The problem with society, and particularly the world of golf, from the golf channel to the media to the magazines and the coaches, is that THERE IS TOO MUCH KNOWING GOING ON.

When a tour pro misses a putt, the analyst says that he peeked. When he misses a shot on the eighteenth hole, we are told that the pressure got to him. When he pulls it it is because he came out of the shot. When he hooks it is because he stopped turning. When he knocks it over the green it was because of adrenaline.

I have only one question: HOW DO THEY KNOW?

What is the problem with KNOWING?

The man who KNOWS stopped searching a long time ago. His knowing has cost him the joy of discovery. Such a man can only grow in age.

Priests know. Gurus know. Analysts know. Writers know. Coaches know. Parents know.

NONE OF THEM KNOW.

The mind is very clever. When something happens according to our expectations, we become inflated with ego for having known. And when it happens contrary to our expectation, we dismiss it as an EXCEPTION TO THE RULE.

How beautifully convenient.

There are certainly many in the world who know more than I do. For I know very very little.

Questions keep me alive. The reason for this is that I do not become convinced by anything unless I prove it for myself. I

do my own experiments.

For me, the only truth is the one that I can reproduce. It is for this reason that I do not believe in prescriptions.

The human being is a very complicated organism. Because the mind is the prism through which he views things. And unless you see what he sees, in the precisely distorted manner in which he sees it, your prescriptions are shots in the dark.

The only person that a man can really know is himself. And in knowing himself he knows every other man.

Perhaps one day I will know. Perhaps not.

But the journey keeps me searching. And the search keeps me young.

How long will my journey be?

I DON'T KNOW.

Golf Is Not Played With A Swing



A human being's actions stem from his perceptions. His behavior stems from his beliefs. We have a habit of associating logic with correctness. And this logic often arises not from our experiences, but from some external agency.

Let us apply this to the role of the golf swing in the game of golf. As always, this discussion will apply to playing golf at the world class level.

It is a very seductive and seemingly logical belief that in order to play great golf (under-par golf), that one's golf swing

must be developed to some very high standard nearing perfection. I will not take the easy way out and say that one's golf swing need not be PERFECT. I am taking a much more bold stance. In analyzing and experimenting with this game on a daily basis, a pattern is beginning to emerge.

What if the golf swing was the LEAST important of all golf skills required to play golf at the world class level?

What if at 11:59 am on Friday of this week, every single tour pro fired their swing coach and vowed that their swing was what it was, and that they were not going to spend one single minute working on it anymore?

Why do I say this?

Perhaps the golf swing to a golfer is similar to the running shoe of a runner. It may provide a degree of comfort, an element of support, but it does not have the power to significantly alter performance, UNLESS THE ATHLETE BELIEVES THAT IT DOES.

What is the evidence for this?

Who are the best runners in the world? The Kenyans.

In their home country, do the Kenyans wear expensive shoes?

Their shoes are not expensive or inexpensive. BECAUSE THEY RUN BAREFOOT.

I can hear some minds churning now. “Running is very different from golf . . . running barefoot is not a fair comparison to playing golf with a faulty swing . . .”

It’s always the same answers. I’ve learned to anticipate them.

Let’s discuss the reality in golf. Not the reality of the media and the glossy magazines. But the REAL REALITY.

The reality is this: everyone knows of players who play golf at the highest level of amateur and professional golf who have RIDICULOUS flaws in their golf swing. The same goes for the golf legends of old. Any death move, inside, outside, over-the-top, pull, slice, push, chicken-wing, can all be found in the golfers who play on golf’s grandest stage. And yet these very same golfers still manage to play immaculate golf.

Another common reaction to this is the well-worn phrase: “But they are exceptions to the rule.” How many times does

something have to be witnessed before it stops being an
EXCEPTION?

I've discussed this in a previous discourse on Bruce Lietzke, THE EXCEPTION IS THE POSSIBILITY, which was sent out as a pdf file to the membership a year ago (if you would like to receive it, drop me a line and I will forward it to you).

Because the golf world is tied to the belief that a perfectly reproducible and sound golf swing is a prerequisite for playing great golf, there is an enormous emphasis on the golf swing. In fact, it is the single most practiced and taught skill, by far, in the world of golf.

What if the golf swing was viewed as a minimum rather than a maximum? What if it was viewed as the least, rather than the most.

In other words, what if the question changed from, "How good can I get my golf swing?" to "***What is the absolute minimum that I can get away with as far as swing technique, so that I can begin focusing the majority of my efforts on playing golf?***"

There likely are some players who adopt this perspective.

But, if they do exist, they are in the extreme minority.

I believe that there is another very important role that the golf swing plays in the world of golf. **It is an absolutely heavenly and luxurious excuse.**

The mini-tour player who fails to advance to the professional ranks has no greater mental ally than to blame his failures on a faulty swing. The golfer who fails to perform at a tournament has a pre-packaged and gift-wrapped excuse for his poor play in a faulty swing.

In this way, the golf swing serves as a wonderful respite for the struggling golfer, and a magnificent mental buffer between him and the achievement of his goal.

In this way, the side effect of viewing the swing as the supreme skill is that it gives rise to the very real possibility of limiting one's golfing potential.

In many ways, the GOLF SWING has become the very game of golf itself.

If the swing was seen as only a small element of golf, with limited importance, then golfers would be forced to face the golf course. And in so doing, they would be forced to face

THEMSELVES.

But who wants to embark upon such an unenviable journey into the wild and dangerous world of the human mind?

Why not just bring along this rolling wastebasket called THE GOLF SWING in which they can dump all of their frustrations, excuses, sorrows and self-doubts?

Show me the golfer who is willing to play golf WITHOUT A SWING, and I will show you a golfer who has the courage to TRULY PLAY.

What I have learned in studying this game is that when golf is played at its best, it is not BECAUSE of the swing, but often DESPITE it.

What I have learned is that the game of golf is an INTERACTION between a human being and the situations that he confronts.

And the smoke that rises from that interaction comes from the human being himself, and NOT from the golf swing that he brings.

The Sportsman And The Sailor

I recently watched a film about British warships at sea in the time of Napoleon. I was struck by the strict order of rank adhered to by the ship's crew. I was struck particularly by the degree to which each crew member so completely came to identify himself with his rank.

A thought came to me. These sailors had obviously found their place within the bosom of the sea. But how did they cope when they returned home? How did they cope when, even for a short while, they were thrown into the order of terrestrial life?

How did they feel as they walked a busy street? When the title was removed, whom did they become? Whom did they see themselves to be?

Is the life of a sportsman so different from that of a sailor? He also lives by a title. Not so formally given, but quite formally perceived. And, like the sailor, his duties and his behaviors stem from the very substrate that he perceives himself to be.

Whether on a golf course or a football field, every man

seems to create for himself a mental construct of the world as he sees it. And he seems to place himself somewhere within it.

What he does, how he behaves, what he achieves, and how he performs are matters that do relate to his level of skill. But only partly. These are matters that predominantly relate to who he believes himself to be. This belief, this perception, has the power of transcending, indeed supplanting, his skill. These matters relate to the title he has given himself.

The title may be nameless. Largely amorphous. But exist it does. For he feels himself sheathed within it.

Fortunate are those whose title serves a lofty purpose. For others, it is a noose. A skin that is not easily shed. But few among us take pains to examine our title and the role that we have given ourselves. And rare is the man who even recognizes it exists.

But it is perhaps within this that lies the potential of a human being. Coiled and dormant.

It is a certainty that the captain of a ship understands his place upon a ship. But it is also my suspicion that he understands equally well his place off of it.

It is in this that perhaps lies one of life's greatest skills.

For the sailor.

. . . and the sportsman.

What Does The Tour Player Fear?

I watch golf and I watch golfers. The way they walk. The cadence of their speech in post-round interviews. The word choices. The inflections. The twitches and triggers.

This is my world.

I could not care less about the scoreboard. I, personally, find it to be the most boring and anticlimactic element of the game. There is the full force of humanity on display. This is what interests me.

The golf course is a very scary place for the tour player. While it is true that he is experienced and that he has learned to settle into the routines of his work, it is also true that he has settled into his fears, as if they were furniture lining the bedroom.

What does the tour player fear?

If you were to ask the player this question, you would be most fortunate to find a single response that was based upon an intense investigation, as opposed to one reflexively spouted.

One answer that the tour pro, the media, or the public may give is that the tour pro fears a five-foot putt to win a tournament.

To this, I would respond with the following statement, “No tour pro in the history of the game has ever feared a putt.”

The tour pro does not fear a drive, or a putt, or a playoff. To believe this is to miss the point.

The tour pro does not fear any shot. He fears the SIGNIFICANCE of the shot.

And from where does this significance arise?

From himself.

We human beings are very strange, are we not? We create an idea for ourselves and then we become fearful of the very idea that we ourselves created. THEN, we seek the advice of psychologists to help us overcome the fear of the idea?

The tour pro lives in a world of great complexity. He walks the fairways with burdens of hope of expectation. And his emotions are on standby, ready to leap into action as soon as

this hope and expectation are not met.

What solution does he seek? He seeks counsel which advises him to refrain from reacting to those emotions. He is advised to have positive body language and keep his head high and slow his walk and talk to himself in a positive manner.

Never mind the inferno that boils within him. So long as he maintains an outward composure, all will be well.

This is akin to prescribing a tummy tuck to a patient with pancreatic cancer.

So what is a tour player to do?

Go home, dim the lights, sit on the floor and see with great clarity the complexity within which he finds himself. All of the contours and twists and contradictions of his predicament. His expectations and dreams and desires and sorrows. Live with them. See them. Drink them. In all of their glory. In full color. And with COMPLETE UNABASHED SINCERITY.

The way out will become clear to him.

And this way will not be one that is prescribed. It will be

one that organically arises from his understanding of his own predicament.

In doing so perhaps he will soon come to the realization that he, like the rest of humanity, does not fear what he thinks he fears.

Perhaps he will see that fear is not something to be fixed or eradicated, for this will only make it grow.

Perhaps he will understand that fear is not an infection that he contracted on a trip overseas. But that it is a natural consequence of the way in which he views his work and his life.

And if he harbors the sufficient drive to be free of it once and for all, he must be willing to admit to himself that which he has avoided for much of his life.

This is his only way out.

Will he do it?

Retreat Into The Solution?

To retreat into the solution is to perpetuate the problem. For the very problem itself is the solution in disguise.

The Spurious Case Against Phil Mickelson



For many years now, the media has chided Phil Mickelson for his *overly aggressive* play. In my opinion, Mickelson is a wonderful illustration of a concept which I would like to delve into.

There is a belief, particularly by those in the media, that

there is only one reason to play the game. There is a belief that there is a defined standard against which every player should be judged.

To believe this is to misunderstand the nature of human beings.

While it is largely the case that most athletes play to win, it is also the case that they bring with them the fullness of their personalities. The athlete brings himself to the game. Which means that he brings his own personal preferences, biases, priorities, and passions with him. And it is THROUGH THESE that he carries out his work.

The athlete is not a robot. He is a human being. A human being who sees the world in a particular way. And his actions stem from what he sees. His actions stem from the prism through which he views his place in the world.

The media says that Mickelson plays too aggressively. They say that he attempts shots which are too risky. That he is too wild and undisciplined.

The reason that they say this is because they view the game from purely the perspective of score. From purely the perspective of wins and losses. FROM THIS PERSPECTIVE,

they are often correct. FROM THIS PERSPECTIVE,
Mickelson IS INDEED often too aggressive.

While there is no doubt that Mickelson shares their perspective with respect to his desire for winning and shooting a low score, it is also true that there lurks a human being behind the athlete.

In the press conference following the 2010 Masters, Mickelson was asked what the difference was between a great shot and a smart shot. To which he replied, ” . . . a great shot is when you pull it off. A smart shot is when you don’t have the guts to try it.”

This statement provides a vivid insight into the human being behind the athlete. The game is not just about winning and losing and score and paychecks, for Mickelson or perhaps any other player. The game is an avenue of expression of their existential life philosophies. The game is not played from the head. It is played from the heart. And every action, every decision, is sheathed by the perspective and the priorities of the player.

NOTHING IS NEUTRAL when it comes to human beings. Each of us arrives from a particular angle. From our own personal street. A street upon which our experiences, our

upbringing, our genetics, and our unique blend of psychological nuance helped to shape our view of the world.

It is shortsighted to judge one's actions based upon simple criteria.

It could very well be the case that if, somehow, Mickelson was FORCED to play smart and conservative, even though it may win him more tournaments, he could walk away from the game. For a trophy is a poor substitute for a man's soul.

As I have said many times before, there is always a game within a game. Perhaps many of them. And though players may ostensibly be playing the same game on the outside, they are playing a very different one on the inside. One that has nothing to do with pin positions and water hazards.

It could be argued that, fundamentally, there is no such thing as a player. There is only a human being masquerading as a player.

And when the human being arrives at the course, he brings the entirety of his humanity with him.

Belief In A 'Mental Game' Only Makes One Mental

For many of you this is going to be a bomb dropped out of the sky.

Are you ready?

There is absolutely no such thing as a MENTAL GAME?

It is a purely fabricated construct. It is a concept which ties an athlete in knots. It binds him. It enslaves him. It transports him along a tangent that is light years away from the truth.

Let's examine the state of affairs.

We have world class athletes who are displayed on our television screens on a weekly basis. From tennis to golf to figure skating to soccer to basketball, and so on. Do they look happy to you? Do the exploits that many of them become involved with off the field give evidence to the fact that they are happy? When they step up to the tee do they look peaceful? When they step onto the ice do they look as if they are in precisely the place that they want to be? If there is a smile, is it painted, or is it genuine? If there is a semblance of

emotional control is it because they are following a prescription by a sport psychologist, or is it because the emotion truly hasn't affected them?

We have become accustomed to seeing things in a particular way. The athlete has become accustomed to feeling a particular way. And because it has gone on for so long, it is perceived as normal.

Normal though it may be, **natural** it is not.

What is this thing that is taught the world over? This thing called the *mental game*?

What is it?

Let us, finally, lay it out before us, shall we?

I've watched it for some time now and I believe I understand the logic at play. It appears to be an attempt to limit the deleterious effects of the human mind upon one's performance.

We have, let us say, a golfer. The golfer believes that the way in which he performs does not do justice to his perceived level of skill. When he plays, he feels certain feelings which

he believes detract from his performance. The feelings are nervousness, fear, anxiety, anger, frustration, anticipation, and so on. He does not want to feel these feelings. For, experience has taught him that when he does not feel these feelings, his performance improves. Therefore, he asks for psychological assistance in order to improve his performance.

Sound reasonable, does it not?

He is told that although he plays a physical game, such as golf, there is also this thing called a *mental game*. He is given certain techniques, tricks, and ways to think in order to mend his ailing mentation. He is told to think *positive thoughts*. For doing so will put him in a *positive mood*. He is told to pretend that he is not where he actually is. For instance, he is told to *pretend* he is playing a practice round, when he is actually playing a true tournament round. This, he is told, will trick the mind into submission by way of lessening the consequence of each shot. He is given many such tricks of the trade.

Do they work?

Does this FIX the mind?

Does it enhance performance?

If it does help performance, for how long does it help? A week? Two weeks? A day? An afternoon?

When the spell wears off, do you repeat the *mental game* process all over again? And when it wears off again, do you repeat it yet again and again and again for time immemorial?

If you believe this to be an effective and productive approach, then tomorrow morning don't start the engine of your car. Just put your shoulder to the bumper and push it to work.

May I ask you a question?

Can the very same mind that can conceived the trick to begin with, also be tricked by it? And if it demonstrates to you that it can be tricked, is this perhaps a trick in itself?

You see, if you wish to work upon the agency that is the human mind, and you work on the mind using that very same mind, what you are, basically, saying is that the mind is working upon itself. Correct? Well, if the mind believed it had to *work on itself*, if it believed that it's activities were somehow flawed or inappropriate, wouldn't it have already done so?

Therefore, either you believe that the mind should work in itself, or you believe that in order to work on the mind you must utilize an agency OTHER THAN the human mind.

The approach that the psychologists and performance community continues to adopt is akin to the FBI installing a camera and speakers into their private meeting rooms and transmitting the feed to the rest of the world.

For when they are working on the mind, IS THE MIND NOT THERE WATCHING EVERY MOVE!!!! Is there some special corner of the room, or a secret hideaway in the forest in which this work is done so as to evade the mind? Have they found a place where they can be free of the mind for those special hour-long sessions so that they can work on it WITHOUT ITS PERMISSION? Have they found a way to work on the mind BEHIND ITS BACK?

Perhaps the *mental game* is an appropriate term. It's all a game. It's a game because few recognize the nature of the human mind. This is why they continue to go to nuclear war armed with a slingshot.

Why do few understand the human mind? Because there is little interest in understanding the mind. It is far easier to create these cute little games that provide a quick dose of

pick-me-up in order to ail the wounded traveler.

A quick turn of phrase, the four D's, the three C's, and the five B's have taken the place of an authentic journey to traverse what is truly the ultimate frontier and the fundamental soul of man.

Is there a way for the athlete to come to terms with the human mind?

Absolutely.

Can the athlete TRULY be free of the deleterious effects of his mind?

Without a doubt.

Is it REALLY AND TRULY POSSIBLE to be free of fear, pressure, anxiety, and turmoil when playing any game on the highest stage?

YES!

If you say, SHOW ME HOW!, I will ask you to first show me that rare soul WHO IS ACTUALLY WILLING TO DO IT.

Words

Most conflicts are not a conflict of ideas but a conflict of the words used to describe the ideas.

The Effect Of Ambition Upon A Human Being

In mining the depths of the human mind for over 25 years, I have learned a great deal. Much of what I continue to learn is so completely antithetical to my original beliefs as well as those of society that it stands to reason as to why us human beings live so much of our lives in conflict and misery.

The study of the mind has taught me that indeed nothing is sacred in the lives of human beings. That not even the most basic, apparently incontrovertible, tenets of human existence are beyond rebuke.

I have lived in ambition for much of my life. And I have studied ambition for the last several years.

As always, what I am about to divulge to you is based upon my personal experimentation upon myself, the analysis of the results of those who I advise, and a detailed study of those who have given themselves to ambition in order to achieve their goals.

Does ambition lead to success?

Ambition is a great contributor to success. It absolutely aids in the achievement of one's goals. BUT, it robs one of his ultimate potential. If a man's success is based upon ambition, he may no doubt achieve much of it, but he will NEVER realize his full potential.

What is the effect of ambition upon the human mind?

Ambition heightens the mind's activity. It suffuses it with energy and it, thus, becomes more unruly and desirous of the goal of the ambition. In fact, the mind itself plays a role in the very genesis of the ambition. For ambition is part of the mind's staple diet.

What is the effect of ambition upon a man's existence?

Because his mind is crazed and desirous, his life is chaotic and full of strife and conflict. I will discuss this in the example below.

Let us say that we have an individual who either wishes to become a golf touring pro, or that he is already a touring pro but he wishes for greater success on the tour.

This individual's ambition is to become one of the very top touring pros in the world.

How will this ambition manifest itself?

Once this individual buys into his ambition, he instantaneously becomes a product of his mind. His every thought and behavior will dance to the tune that the mind creates. For the mind is fully enlivened by the idea of become one of the top touring pros.

So what?

The individual will set himself into long hours of practice. He will play tournaments. He will continually analyze his statistics and compare them against a given standard. He will constantly check the national or tour rankings and money lists to see where he stands against the others. He will seek out swing coaches and nutritionists and psychologists and trainers in order to help him get an edge on the competition. For he has a goal and his goal cannot be denied.

What I have just described is the envy of every coach and every parent. This is the model that everyone uses as the standard to live up to.

What could possibly be wrong with any of that?

Nothing is wrong with it. It is not a question of right and wrong.

The fact that few will notice the disastrous effects upon the individual's sense of well-being from reading the above passage is wholly illustrative of my point.

The behavior I have described is not of a well put together and psychologically stable individual, it is of a schizophrenic one.

I can hear the protests now. Five years ago, I myself might have protested.

Let me explain.

It is a habit of the human mind and, thus, of those who are enslaved to the human mind (which is about 99.9999% of us), to believe that one's actions and behaviors are our own choice. That we do what we do for sound and logical reasons.

This is patently false.

Human beings DO NOT act according to reason. They act according to emotion. And they act according to fundamental motivations. without even realizing it.

Where do these motivations lie?

Within the human mind.

As such, the vast majority of us are nothing more than marionettes dancing to the mind's tune. And the genius of the mind is that, in suffusing a dose of logic into the situation, it manages to make us believe that while we are doing ITS bidding, we believe that we are doing it for ourselves.

Simply genius, is it not?

In returning to our ambitious golfer . . . His practice, his striving, his seeking of advice, his constant rumination over rankings and money lists are products of his anxiety. They are nothing less than a wild, schizophrenic groping for his goal.

So what, you might say?

One should always ask, *so what?* It helps to arrive at the heart of the matter.

In this mad dash of comparison and competition, his energies are enormously dissipated. You can hear the hiss of the air being leaked from his balloon. This is the dissipation of

his energy.

I'll put it another way: Because his FOCUS and his ENERGIES is upon the mad rush toward his goal, *the very things that will get him there are being neglected.*

How?

When he practices for 7 hours, the streams of thought running through each and every hour of practice relate to his need to quickly achieve the swing fix or whatever he is practicing so that he can reach his goal already.

When he has a bad showing in a tournament, his mind uses this inferior performance to project before him the thought that he might not achieve his goal after all. This is the genesis of self-doubt.

And all the while that this is happening, the player is miserable, fragmented, tortured, disappointed, and fearful.

While it is commonplace for human beings to believe that 15 years of psychological angst and turmoil *will be worth it* once their goal arrives, I do believe that if this statement were truly examined, at least some would question its validity.

In spending years pursuing a goal, does it really **not** matter how one feels as he is pursuing the goal, and what state he is in once he reaches it?

Do we not see the majority of professional athletes living this very turmoil on a daily basis? Will at least a fraction of them be honest with themselves in the quiet of their room?

Will they not admit to themselves even for a moment that though they may have millions, they are completely broken on the inside?

So what is one to do?

Does this mean that one settle for a life on the couch so as not to fall prey to ambition? Does this mean that in order to live a peaceful life one cannot pursue lofty goals?

Absolutely not.

I will not provide you with a guideline for that would be giving a PRESCRIPTION. And prescriptions are an insult to human intelligence. Not to mention the fact that they simply don't work.

In studying the problem, the solution arrives.

I will conclude with the following summation:

If a man who is seeking a goal is constantly looking over his shoulder, he will be tormented.

If his pursuits and his goals, no matter how lofty, are borne of love rather than ambition, he will live in peace.

Why?

Because he is not constantly asking, demanding, and hoping for something. He already has it right in front of him.

When one approaches things in this manner, he is at peace. And because he is at peace, his energies are fully available for the task at hand. As a result, his level of skill and his level of understanding of his craft soars.

And if one's energies, his mental faculties, and his state of mind are with him rather than against him, will not his goal be that much easier to reach?

For such a man, will not that which was once only possible, now become inevitable?

Practice Under Pressure?

One of my core services here at Siddha Performance is to create Customized Practice Plans fit to suit a particular individual. In fact, I have devoted an entire section to practice in my upcoming book. The plans that I create relate much more to the player's mind than to the repetition of motor activity.

Practice plans in virtually every sport are focused upon the repetition of neuromuscular movements. The idea being that repetition of a particular movement ingrains the movement into the human body. This is true.

But it is far from complete.

I have examined the various practice strategies that circulate through the popular magazines and amongst the coaching gurus and I find that they lack an understanding of the mind as it relates to the performance of the individual.

One of the widely circulated tenets of practice as prescribed by the performance community is to *practice under pressure*. One of the examples from golf is a putting drill in which the player must make 50 or 100 putts in a row from three feet. It is explained that the reason for this is that as the player approaches the final putt, the pressure to make it increases,

thus simulating real-world pressure situations.

Man is an interesting creature, isn't he?

First there was the freedom of practice, and the pressure of play. And instead of devoting one's energies to bringing the freedom of practice into the play, they seek to poison the sanctity of practice with pressure.

I discuss pressure in my electronic book, *Dialogues With Athletes*, which is available for free download on the site. But suffice to say that as long as one plays under pressure, his performance will suffer enormously. This player is leaving a monumental amount of his skill *on the table*, so to speak.

Fundamentally, practice is about learning.

LEARNING HAPPENS UNDER THE CONDITION OF
FREEDOM, NOT UNDER THE BURDEN OF PRESSURE.

*Athletes are not taught to learn. They are taught to
practice.*

I understand the logic of those who recommend practicing under pressure. Their reasoning is that if one practices under pressure, one will perhaps become increasingly immune to the

pressure, and thus enhance his performance.

But does it not stand to reason that if one practices under pressure, he is simply not learning anything new? The athlete arrives and leaves such a practice session as the very same person, save for some theoretical boost in his ability to *handle pressure*.

If a golfer knows how to make a three-foot putt, he knows how to make a three-foot putt. Why play these silly little games of replacing freedom with misery?

If one wishes to study pressure, then study pressure. Why study the EFFECTS OF PRESSURE ON PERFORMANCE?

What do I mean?

The athlete and the coach and the passerby on the street **ALREADY KNOWS** the effect of pressure upon performance. In most cases it saps performance. In some cases, one rises above it and excels at his performance.

Why not study the **REASON FOR WHICH THE PRESSURE SAPS ONE'S PERFORMANCE?** Since this is by far the most common scenario.

This is called LEARNING.

Learning what one feels when he encounters pressure.
Learning one's repeated patterns of behavior when he is under
that pressure. Learning what parts of his body most greatly
succumb to the pressure.

Could it be that practicing under freedom allows one to
enhance his freedom, and that this feeling of freedom will
perhaps infuse his performance, drowning out the pressure?

If a lawn is full of weeds, one could spray weed killer on
the weeds. And if chooses to do so, he will need an endless
supply of weed killer.

Or, he could focus his efforts on watering and fertilizing the
entire lawn, which would by virtue of its robustness crowd out
the weeds.

A Life On The Run . . .

Goals . . .

To Become Something . . .

To Achieve . . .

To Conquer . . .

Shall we talk about the path that these things pave for a human being?

I implore you at the outset to not look at this in terms of rights and wrongs or goods and bads. And do not fall prey to the trick of the mind which simply assumes that the solution to any problem is simply to do the opposite of that which is apparently condemned.

If a human being has a goal to become a world class performer, to achieve a certain status, to become something in this world, he embarks upon a journey of STRIVING. Through toil and sweat he remains fixed on his goal. Through years and years he slaves away at his pursuit of attaining this goal.

In virtually all such cases, if we were to examine the life of this individual we would typically find a fair bit of emotional turmoil, tension, and strife. (Whether this is the price one MUST pay for success is a discussion for another time.)

And it must necessarily be so.

Why?

For the same reasons that it is so for any man who is on the run.

How is he on the run?

You may think that he is running toward something. I say that he is running away from something.

Fundamentally, they are one and the same. But his plight is made more clear by understanding that he is running away from something.

One might think that he is running toward his goal. I would say that this is the lesser truth.

He is not running toward his goal. He is running away from

his fear of not achieving it.

He is not driven by the idea of becoming something. He is driven by the fear of NOT BECOMING IT.

Viewed in this way, it becomes easy to see why strife and anguish are the order of the day. You need not take my word for it. Go out and look into the world of modern athletics. You will see all that needs to be seen.

I must now customarily attend to your mind's reflexive conclusion which says, "Does this mean that one should not have goals or drives?"

If one wishes to stop running, he must first understand that he is running. And then he must decide for himself as to whether this running suits him or not.

If one invests himself in his endeavor as a function of his passion, outcomes tend to take care of themselves.

If one invests himself in his goals, he anticipates and suffers the nature of every outcome.

Whether one is on the run toward something, or away from something, the running will be filled with strife.

And unless he realizes that he is, in fact, running, the running will never cease.

What Is The Best Way To Learn A Physical Skill?

What do you think is the best way to learn a physical skill, taking golf as an example? Personally, where I am at the moment, I draw out the individual's awareness on the task and how the tool works.

I applaud your decision to begin with the tool. It is almost customary in modern circles to begin with the action rather than the instrument. In teaching the golf swing, for example, an understanding of the instrument is a non-negotiable element of the training. It is from this understanding that the brain will organize its concept. It is from this understanding that it will guide the body through its actions.

I have created very specific training methodologies for the various facets of golf. They are specific to a specific skill. Ideas and training devoted specifically to the golf swing itself, the short game, course strategy, putting, and so forth. But, I don't label them as such. I only refer to them conventionally for this particular dialogue so that you understand, in traditional terms, what it is that I'm talking about.

The uniqueness of these trainings is that they all relate to

the function of the human mind and they are organized within the perceptual context of the human brain.

I assume from your question that you are talking about the golf swing itself. I agree with you completely that it begins with the instrument (or the tool, as you call it). It is imperative that the student become almost as well-versed in the understanding of the instrument as was the designer of the instrument. I think this is one of the first stumbling blocks of traditional instruction. The nature, design, and function of the instrument. If I may put it simply, it is just plainly ignored.

As always, I do not leave things for assumption. I must explain everything that I say, as language is such an inaccurate tool of communication.

What do I mean by understanding the instrument, which in this case, is the golf club?

I do not simply mean lie angle, bounce, and loft.

I often (very often, in fact) do crazy experiments like walking up to highly experienced golfers at the club and asking them about the instrument known as the golf club. They ask me for help with their swing, but I don't oblige them. Their swing is not the problem. It is their

understanding. So we discuss their understanding. And their swing and their shots improve immediately. They begin laughing hysterically. I think its because for the first time they feel empowered to do this on their own, without feeling as if there are secrets that have been withheld from them for decades.

So what do I mean by understanding the instrument?

To understand the golf club in ways that are not traditionally taught. Here are a few short examples:

1. To understand that the shaft and the clubhead are two entirely different elements of the golf club. As always, this statement is not as obvious as it may sound. The shaft and the clubhead not only are different, but they work in complete dynamic opposition to one another. Golfers tend to think of the golf club as one unit comprising the shaft and the clubhead. And they think of these two elements synonymously. This understanding influences the way in which they swing.

2. The relationship between the instrument and bodily balance. Balance—what an enormous word. These seven letters simply do not do it justice. When I say the word balance, what image comes to mind? That of not falling over.

Well, I'm not talking about falling over. Nothing of the sort. I am talking about specific proprioceptive balance pressures that are absolutely felt if one is aware, but are almost invisible to the camera or the naked eye. The golf club can be swung in such a way as to enhance one's feeling of proprioceptive balance or to diminish it. And the person can feel it IMMEDIATELY on his own. IF he is taught to look for it. He can WITHIN MINUTES begin to swing the club with the PRIORITY OF BALANCE, rather than with the priority of ball flight. From this feeling of proprioceptive balance comes the ability to generate leverage. And from leverage is borne the possibility of golf ball compression.

3. The use of words. I have discovered a way to teach in complete silence. Why? It shocks the nervous system and it subdues the mind. You gain the instantaneous attention of the student. And your instruction actually penetrates the bloodstream rather than getting swept away at the external ear.

I must stop lest I give away all of my secrets 😊

Allow me to conclude with the following words:

The golfer is not so much looking for instruction as much as he is PERMISSION. Permission to change his focus, his

*awareness, and his bodily motion in order to affect a particular result. The problem is that (1) he does not know what that result is, and (2) he is too captivated by the idea of **CORRECTNESS.***

Thank you for a wonderful question.

The Hand That Moulds

There is a revolution afoot.

Thousands, if not millions, of children are treading upon a path in the direction of professional sports. Tennis, golf, gymnastics, swimming, skating, and on.

Multi-million dollar facilities, high-dollar swing coaches, nutritionists, trainers, . . . Mountains of hope and expectation.

As always, I am not seeking to take a side, or to make a recommendation, or to give a prescription. I am examining this issue from a wholly practical point of view. And as usual, no rights or wrongs or bads or goods. Just practical examination.

The Asian countries are heavily invested in this movement, as are the Western ones. In Asia, however, this is to some degree, the norm. The culture of work-till-you-drop is as ingrained as the dialect. The culture espouses the ideals of hard work and dogged survival in any endeavor. And it is certainly understandable, given the unspeakable poverty and population that exists in these countries. This serves as a potent source of motivation.

To take children at a young age and groom them for the Olympics or for a career in professional athletics is the topic under examination here. Parents hovering over their child's every move, dispensing non-stop instruction, evaluating their results, fixing perceived flaws, chasing a perfection of technique, encouraging endless competition, this is the order of the day.

What is the effect of such a an approach upon the child? From a purely scientific perspective, does this actually work? And if it does, what is the success rate of this approach? From a holistic perspective, what are the psychological and social side effects of this approach? If it does work, does the outcome outweigh these side effects?

It will appear to some that I am beginning to take a side. I assure you I am not.

Put away your parenting magazines and your latest issues of Psychology Today. Just for a moment. Then you can have them back. I promise.

If a child has a passion for a particular endeavor and he welcomes long hours of training and practice for decades, that is one thing. But what of the child who may not be forced into

training, but who is lukewarm about the prospect? Will he be moulded into a champion as long as he does the work, regardless of his lukewarm stance?

It is absolutely possible.

What if he makes it to the professional ranks but he is not truly happy? Once again, the Psychology Today in you says, “well, then it’s not worth it.”

To this I will respond, Are factory workers happy? Are engineers happy? Are other professional athletes happy? Is ANYONE happy?

If the answer is no, then why use happiness as a litmus test?

The crux of the matter is not idealism or societal values or slogans or aphorisms.

The crux of the matter is the conditioned nature of human beings:

Human beings do not act according to logic. They act according to emotion.

Human beings do not run toward things. They run away

from things.

Human beings act and respond and behave according to that one particular element in their life that is the most emotionally or philosophically relevant to them. And happiness, while it may be the ultimate goal, is rarely the immediate one.

The parent who has tasted poverty could not care less about happiness. His overriding goal is to ensure that his children do not face poverty. PERIOD. He'll worry about happiness and satisfaction later.

The parent who is goal-oriented and successful holds achievement as the highest ideal. His children WILL SUCCEED one way or another. He'll make sure of it. He'll worry about happiness later.

To live a heavily goal-oriented life driven by ambition will no doubt lead to endless conflict. That is absolutely certain.
There is no other way.

The child will be in conflict with the family. The family will be in conflict with the child. And both parties will be in conflict with themselves.

But to live a conflict-free life is not high on the agenda for most people. So it is what it is.

Now, for the question of “Will this work . . .”

A certain percentage of these kids will indeed achieve success in the professional ranks, through sheer proficiency alone. Others will get burned out and rebel against the parent and the sport, and will refuse to continue on. Still others will rebel the entire way, but they will also succeed and mumble to themselves between shots.

What is the duty of the parent in this situation?

I can see you reaching for that Psychology Today issue now. LEAVE IT.

Is it the duty of the parent to create a well-rounded individual? I’m not sure what exactly that means. Jack of all trades, master of none?

Is it the duty of the parent to hold happiness as the highest ideal for his children? How would the parent go about creating happiness when he hasn’t discovered it for himself?

In fact, any child is happier than virtually any adult.

Fundamentally, there is no such thing as a parent. It is a holistically false entity. It does not exist. There is only a human being who finds himself playing the role of what is called a parent.

And whatever this human being/parent considers to be his, he will give himself to it. He will give to it all of his goods and all of his evils. All of his strengths and also his shortcomings.

Whether this means exposing his child to militaristic training for the achievement of success, or whether it means allowing his child to dance according to his own tune.

Whether, as a so-called parent, his hand molds or it caresses will depend upon his past experiences, his ideals, and the prism through which he sees his place in the world.

The Self-Motivation Of Pupils

Dr Gupta, I am looking at new ways to get pupils to be more self motivated. They don't seem to be motivated from within. Maybe you have some thoughts.

A great topic, indeed. As you know, I believe in looking at a problem square in the face. And I am not shy about stating what I feel to be the truth, no matter how harsh it may sound. I am not a diplomat or a politician. Heaven forbid I ever become one.

You want your pupils to be more motivated. You want them to be inquisitive and addicted to the process of discovery. You want them to explore the ideas that you give them in your instruction, and play with these ideas and gain insights. You want them to apply the fundamentals that you taught them, and you want them to do it diligently.

Have I captured the essence of what you are seeking?

Perhaps there is some advice I can offer. Perhaps I can give you a tip. Perhaps I can advise you to speak encouraging words to your pupils so that they will practice harder. Perhaps I can tell you to use positive phraseology so that they will feel

better about themselves and thus be more inquisitive. Perhaps I can tell you to prescribe motivational books, or tell them stories about those who have worked hard and have gone on to achieve great things.

I will tell you none of these things. Because none of them will work.

The reality of the matter is that if you get three students like this in your career, take their photo, write down their names, and hold them close. Because they will be the only three you will ever see.

The overwhelming majority of pupils are not interested in learning. They are only interested in quick improvement. And they are willing to pay handsomely for it.

Not only are pupils uninterested in learning, the vast majority of coaches are also uninterested in learning.

The bulk of pupils are looking for a quick lesson, and the bulk of teachers are looking to give a quick lesson. It matters not the country or the discipline. Society is society. The masses are the masses.

Mind you, that I turn more people away (far more) than I

court. And that rare individual who comes my way I charge a very high price, for I have found someone in whom I am going to invest my brain and my heart.

The rarest thing for a passionate teacher to find is an equally passionate student.

Why is it this way?

Perhaps it has always been this way. But society is devolving on so many levels. The culture is quick-fix oriented. The media and the publications and the popular instructors pass out tips like candy. So the public, in a way, has been taught to be quick-fix oriented.

The real issue is not your students. The real issue is YOU.

Going forward, you will have to ask yourself if you are content with doing what you are doing, knowing that an infinitesimal fraction of your pupils will fit your ideal description. If so, make peace with this reality and carry on.

If this is not acceptable to you, reinvent yourself, either in the same profession or a different one.

The elite, in any profession, are rare. Be they teachers or

students.

You will not motivate the unmotivated. And you will not
change the world.

But you can absolutely change that acutely intimate world
that lies within you.

Where Did It Go?

There will be a stretch of holes where I'm just totally into it, lost in the game and I forget I'm even playing in a competition. And then I think "I like this, how can I keep this up?" or "How do I recreate this?" Of course then my mind tries to work out the 'how' and I'm back to looking inwards and as a result both enjoyment and performance suffer. I don't like playing that game, what happened to the game I really want to play?

Have you ever seen a floater in your peripheral vision?

What happens when you try to look directly at it?

It disappears.

Have you ever gone out on a particular night, at a particular time, and witnessed a shooting star? You feel this great sense of wonder. A surge of excitement. So what do you do? You go out on the very next night, at the very same time, and hope to see it again.

What needs to be understood is that the very reason that you felt a surge of excitement at witnessing the shooting star was because the moment before you saw it, you had no hope

or expectation of seeing it. Thus, when you saw it, it felt grand. But when you go out on the next night with this level of demand or expectation, you come away simply with disappointment.

One of man's foolhardy habits is the compulsion to own something. To bottle it. And keep it.

But the things in life that are of the utmost magnitude cannot be owned.

They can be appreciated. They can be experienced. But they cannot be owned.

And thank goodness this is the case. For if man were able to own it, he would destroy it. The very ownership of it would rob it of its charm.

Why be greedy? Why not enjoy the miracle when it happens?

What to do in the meantime? Must you be miserable until it happens again?

You not only like the miracle for the feeling that it gives you. You like it because it enhances your performance. This

sense of utilitarianism surely takes you away from the
miracle.

Any activity that, for you, is a means to particular end will
be fraught with strife.

Many of life's glories are fickle. They chase after the man
who needs them not.

Why Should You Seek My Services?

You shouldn't.

No one should invite me. No one should seek my counsel.

My clients send only FIRST CLASS plane tickets. They book me in five star resorts. They invite me for private sessions and speaking engagements. They pay me sky-high hourly rates. Why should you or they pay me all this money for my help?

There are numerous others, from psychologists to coaches to priests, who are far cheaper than I am and who are far more willing to play the games that you have been playing with yourself for your whole life. You will have a far easier time with them. And a far more economical one, as well.

If I may speak frankly, those who seek my council are Crazy. They are bordering on the insane (don't tell them I said that).

But these are precisely the individuals who have the chance to AWAKEN from their miserable sleep.

The sane don't have a prayer.

I don't believe they should seek my council at all. And I don't believe that you should either.

Why?

Because I don't believe in SHOULD's.

I am not a coach. I am not an instructor. I am not interested in holding anyone by the hand and filling them with information or knowledge. I have no tips or tricks or clever phrases. I have no instructions or prescriptions.

On my website is the term Human Potential Strategist. This is a ludicrous term. I remember the moment in which I wrote it and I found it so silly. But I could not think of any title.

In any case, that will be removed from the website today. I cannot stand it any longer.

Frankly, I don't even like the second word of the name of my company: Siddha Performance. But if I used only the word SIDDHA, how could I communicate to the world, at least to some basic degree, what it is that I do?

Words simply get in the way, do they not?

If you do invite me it is because there is something inside you that connected with my words. The connection is made long before we meet.

If you do invite me it is because in reading my work you felt a sense of possibility.

If you do invite me it is because my words confirmed for you your very own suspicions that somewhere along the way you sensed that the words of others were leading you astray.

If you do invite me, what will I do? What am I interested in helping you with?

I am interested in helping you understand that YOU ARE LOST. As the bulk of humanity is lost.

I am interested in helping you understand that those things which you have parceled out are simply ways of buying success. And that within you is all of the skill and all of the knowing that you will ever need.

I am interested in helping you turn away from me, and from all the others, back to the glory that is YOU.

If you are crazy enough to do that, you can call me.

But don't ever feel that you SHOULD.

A Monumental Failure Of Instruction

There seem to be herds of elephants in the room. But few seem to look at them.

There are numerous well-worn paths that lead nowhere. But everyone seems to follow them.

We have thousands and thousands of athletes and performers who attempt to succeed to the grand stage, to the pinnacle of their craft, yet only an infinitesimal fraction do.

The athletics and performance communities have become so accustomed to the dismal numbers that all they do is repeat them to everyone they meet.

Why doesn't anyone ask why the numbers are so dismal?

As always, please do not take my word for it. Have a look around.

Look at the golf academies, the dance academies, the tennis academies, the students of high profile coaches, the players of high profile college teams . . . What percentage of the players achieve professional status on the grand stage?

Even after noticing this, the teaching continues as it always does. Just more of the same.

Given the glorious ingenuity of human beings, only a minute fraction achieve their goals. Do you not think something is wrong? Do you REALLY AND TRULY BELIEVE that this is the best that humanity can do?

Could it be that the manner of coaching, of teaching, of enhancing skill development needs to be turned on its head?

Could it be that the teaching of human beings needs to be viewed from an entirely new perspective?

Could it be that the coaching and performance community is asking the wrong questions?

It is undoubtedly true that much of the onus for one's success resides within the player himself. But it is equally true that the training of the player, were it to conform to the true manner in which human beings REALLY learn, would have an undeniable effect upon the player's chances for success.

If a coach does, in fact, have a player that lacks motivation, drive, vision, or perseverance, why continue to coach him?

Why not devote his resources and his energy to someone who does, in fact, want it?

There is no doubt that the world is full of individuals who lack motivation. And it is not the coach's job to motivate him.

So many coaches find themselves in the position of having to make their livelihood on the one hand, and having to teach unmotivated individuals on the other. This will allow one to make his livelihood, but never will it lead to personal or professional fulfillment.

And when the coach is continuously confronted with such listless individuals who come for a lesson, year after year, the lack of motivation of the student becomes contagious. And the drive that the coach once had seeps out day by day. Until what was once a calling is now a job.

So, in the end, the world over, we have unmotivated coaches teaching unmotivated students. One will never be fulfilled, and the other will never progress.

Is it any wonder that the numbers are so dismal?

Inertia is a very seductive force. And it has ensnared the bulk of the population.

I have developed systems of instruction that are not so much based upon instruction as much as they are upon learning.

Here are a few essentials:

The student who achieves does so because he has learned, not necessarily because he has been taught.

Skill acquisition is often non-linear and sometimes COMPLETELY ILLOGICAL (this is the best kind).

Most coaches will be more in love with coaching than the student is in learning.

Teaching is more about manufacturing an environment of learning than it is about the dispensing of information.

Whatever micro-movement the coach emphasizes will ALWAYS be overdone by the student.

It is the player's understanding, not his submission, that informs his skill development.

The greatest student in the world has no need for a teacher.

The Putting Stroke

Should I take it straight back and through, or should I swing
on an arc?

How far should I stand from the ball?

Should my putter sit flat or should I have the toe in the air
like some pros do?

The first thing you should do is **STOP ASKING THESE
QUESTIONS!**

We have instructors opining about their philosophical
opinions with regard to technique. We have new gadgets
created every month to create the “purest stroke.”

Putting arcs, chalk lines, alignment mirrors, colored
balls . . .

PLEASE, PLEASE, STOP.

The teaching community has become so lost in the fine
print, that it seems to have forgotten the original intent of this
game.

Is it not to simply advance a ball into a hole?

I dare not use the word “roll” because if I do, it will serve as a trigger for your conditioned mind to go down the path of “end over end roll,” “draw a black line on the ball,” “stroke instead of hit,” and on and on and on.

What is the least important part of putting?

THE STROKE.

BLASPHEMOUS!

Remember those days that you putted lights out?

Are you honestly going to tell me that it was the result of your conscious execution of your STROKE?

When a tour player goes on a wild putting streak, is it because of his execution of his STROKE?

If you truly believe this, then please answer me this question:

If your stroke determines your putting performance, is it

really that difficult to perfect it? And if you can perfect it, why don't you have a great putting performance EVERY DAY?

Well, I don't have time to practice every day.

Fair enough. But if you don't have time to practice your stroke, and you don't have time to practice every day, **then how is it even possible for you to have a lights out putting performance?**

Also think about this: The tour pros DO practice every day. They work in their stroke ALL THE TIME. Why don't THEY go on these streaks every day? Or at least once a week? Or at least once a month? Or at least once every three months?

It's not about your stroke. It has never been about your stroke.

Why?

Because what you call YOUR STROKE is simply an external manifestation of something else.

It is that SOMETHING ELSE that needs your attention.

Not your STROKE.

Distance Control

If I hand you a golf ball and ask you to toss it into a bucket
10 feet away, will you get close?

If I move you back to 20 feet and 30 feet, will you get
close?

If you don't know, go have a try and see for yourself.

What allows you to get close?

Do you PRACTICE tossing golf balls into buckets?

Then how are you so efficient at getting close?

**Distance control is not something that you develop. It is
something that you are born with.**

YOU can control your distance ON DEMAND.

In ONE SESSION.

Be it Putter or Wedge.

How Can It Not Be About The Stroke?

Dr. Gupta, I read your recent discourse about the putting stroke. There are coaches and companies around the world that have devoted millions of dollars and thousands of hours of time focusing on the putting stroke, from video machines to training aids. But what's more, the best players in the world use this technology, and the coaches who do this are very experienced. Yet you say it's not about the stroke. Can you expand, please?

Where there are millions to be spent, there are millions to be made.

The companies do not lose sleep at night worrying about the development of your golf game. They lose sleep at night worrying about satisfying their shareholders.

Most individuals in every country of the world, regardless of their walk of life or the discipline that they practice, are far more influenced by convention and mimicry and so-called “science” than they are by a visceral, internal search for TRUTH.

At the end of the day, one must put food on the table, is it

not?

I do not toss out wild theories simply to buck convention (although I indeed LOVE the thrill of learning something through my work which bucks every convention in existence). You will notice as you read my work that most, if not all, of the things that I say are corroborated NOT by ME, but by
YOU!

As I stated in the putting stroke discourse, if you have not perfected your putting stroke, yet you still have days when you putt lights out, how could it be your stroke?

If the tour pros spend hours every week perfecting their stroke, be it through the use of coaches, aids, laboratories, and videos, how come they are ALL STREAKY? The best putters on the tour are only MARGINALLY better than the other tour players.

I cannot say it any more simply. You must use logic and common sense and see what is around us. The evidence is there for everyone to see.

The reason that a player goes on a hot streak is NOT because of his stroke. If it WAS because of his stroke, he would go on a hot streak EVERY DAY.

It is something else, my friend. It is the thing BEHIND the stroke.

A Note To The Modern Athlete

Dear Athlete,

I am speaking directly to YOU.

There are no coaches in this room. No psychologists. No parents. No media.

It is just me and you.

I understand that you have earned a lot of money.

I understand that millions follow you.

But, tell me, what do you feel when you stand on the tee box?

What do you feel when you walk onto the court?

What do you feel when you step onto the stage?

Is it nerves?

Is it fear?

Is it apprehension?

I know that your advisers have told you that this is normal.

I realize that they have told you that nervousness improves performance.

I understand that they have told you that you must learn to live your life under the weight of pressure.

But aside from what you have been told, can you separate yourself for just a moment from the advise you have been given?

Can you express how YOU feel about these feelings that you have been plagued with for decades?

Can you honestly say that you ENJOY feeling nervous?

Can you state, with all the sincerity in your heart, that you prefer pressure over freedom?

My dear athlete, you may win 29 major championships.

You may win 17 Wimbledon titles.

But if you won them under the weight of pressure, rather than in the cool air of freedom, you have not won anything at all.

Tournaments Kill Potential

In reading my discourses it is imperative that you be willing to step out of the conditioned world in which you reside. (If only for a moment.)

You must be willing to step out of the structure that has wombed your existence for much of your life. (If only for a moment.)

What is a “tournament?”

A tournament is an interesting concept. It is a fabricated event which is created to pit one athlete against another and declare one individual or team victorious over the others.

What effect does such a scenario have upon human performance?

What effect does such a scenario have upon the psyche of human beings?

Let's examine this.

Let us take a professional golfer as an example. If you

examine this golfer's "performances" over his career from the time when he became proficient in the game, what will you find? Please note that these "performances" include tournament games as well as leisurely games with his friends, and practice rounds, and Pro-Am events. Any time he has been on the golf course will be counted.

Whether this golfer is Tiger Woods or anyone else, in which scenario and under what circumstances do you think that this player has come closest to accessing his full potential? If you examined one thousand non-tournament rounds and compared them with one thousand tournament rounds, which of these scenarios will have MOST OFTEN elicited from him a performance that was closest to his potential?

*I can hear the protests now: Well, of course players play better in leisurely rounds because they are more relaxed and there isn't much at stake. But the whole point is to **STEP UP YOUR GAME WHEN IT MATTERS. The whole point is to RISE TO THE OCCASION and PERFORM UNDER PRESSURE.***

So this is the GAME WITHIN THE GAME that has been created by man.

It's all about **questions**, is it not?

So the question that a tournament asks is NOT who the best player is. The question that it asks is NOT who has the most ability. The question that it asks is NOT who has cultivated the highest level of skill.

The question that “the tournament” asks is WHO CAN DEMONSTRATE AN ABILITY THAT IS JUST FRACTIONALLY SUPERIOR TO THE OTHERS IN THE SETTING OF A TOURNAMENT ENVIRONMENT?

In this scenario, and inside the crucible of such a constrictive environment, who steps up their game, rises to the occasion, and performs under pressure, **the majority of the time?**

Who?

NO ONE.

Some will do it a FRACTION of the time. And the public and the media and the tournament officials and the players themselves will get out their calculators in order to determine who it was that **MARGINALLY OUT-FRACTIONED** the next person.

You can play these little FRACTION GAMES if you wish.

But in the end, **EVERY SINGLE ATHLETE HAS SUFFERED A LOSS OF POTENTIAL IN THE TOURNAMENT ENVIRONMENT FAR FAR MORE THAN HE HAS IN THE NON-TOURNAMENT ENVIRONMENT.**

As I always say, human beings see what they want to see.

They see the neon lights and the highlights on the evening news and the sports channels.

But why are these highlights shown?

BECAUSE THEY HAPPEN A MINORITY OF THE TIME.

I know you are looking for the punchline.

So are you advocating that tournaments be abolished?

That is not the point of this discourse. I examine things from the standpoint of reality and from the standpoint of **situational effects upon the human psyche and human performance.**

What one wishes to conclude from reading my discourse and the action one takes or does not take is completely in the eye of the beholder.

My point is that a tournament environment saps potential the vast majority of the time.

My point is that tournaments, on balance, DO NOT bring out the best in a human being.

My point is that tournaments hobble everyone. And the winner is NOT the one who escapes hobbling. It is the one who hobbles the least.

This is really scraping the bottom of the barrel, is it not?

Why do tournaments have such an effect upon human beings?

Because they are an UNNATURAL creation. They select for qualities and instincts that are contrary to the emotional well-being, and thus the resultant performance, of human beings.

You need not look very far to verify my claims.

Look at the emotional states and life effects and performance statistics of athletes, amateur and professional, across the entire range of competitive sports.

Is it not as plain as day?

What is needed is a sincere examination of the effects of this environment upon the human organism.

Rather than a proliferation of *sport psychologists* doing damage control whilst PRESERVING this detrimental environment.

Why Does The Athlete Suffer?

He is envied by the world for having the good fortune of playing a game for a living.

But the game that the athlete plays is not the one people see.

He is envied for having found a vocation which he thoroughly enjoys.

But joyous he is not.

Ironic though it may be, professional athletics is perhaps the most joyless vocation in the world.

Though he may say in interviews that he is “living the dream,” he knows very well that he is living a nightmare.

Though he may tell the world that he is fortunate to do what he does for a living, he far more often feels the pangs of misfortune.

Why is this so?

The primary reason is the structure of competition. It satisfies no one. And it never will.

You see, the athlete comes to the game in search of something. As a result, he cannot play it.

He comes to the game in hope of something. Therefore, he cannot be free within it.

For him, the game has become what it was never meant to be. And his relationship with it has become something it once was not.

He is “advised” by his psychologists to expect nothing. And though he may try, he recognizes that this is a near impossibility.

He is told that the game owes him nothing. But he feels that because he has paid his dues, it owes him everything.

In this way, the game becomes an arena in which personal scores are settled. Where wagers are made. And deals are transacted.

And though he may work himself into the ground, the game will never give him what he seeks. For it has not the power to

do so.

The game is inherently empty. It is simply a skeletal structure. A scaffolding.

And the athlete adorns it with the baggage of his unrequited dreams.

The game itself does not contain joy. If it did, everyone who played it would always be joyful.

The game provides an arena. The athlete brings the joy.

But the athlete who brings a demand will leave empty-handed.

The athlete who arrives with hope will leave disappointed.

Why?

Because he is looking for an ocean without realizing that he is in a desert.

The game is a desert. Windswept and wild.

And as long as the athlete fails to realize this, he will

forever suffer within it.

An Open Letter To Instructors Everywhere

I am not here to criticize you. For if I do, you will tense in defense.

Think of me as a ghost. A ghost who whispers a few words, then vanishes into the ether.

This ghost wishes to have a very heartfelt conversation with you.

I wish to speak to the human being within you, free of your cloaks and images and titles.

It won't take long. And then you can go about your way, doing completely as you please (although I may visit you again in the future).

I will soon be speaking with your students as well.

I hope that you take EVERY ONE of my words to heart. But I ask that you look at my words invested with their original meaning, rather than what they have COME TO MEAN in societal colloquialisms.

Are you really helping?

Are you really teaching those whom you wish to teach?

Is it still a means to an end?

Is it any different from a job at the local supermarket?

Do you gain anything more than a quick surge of ego by knowing that you know more about a particular matter than does your student?

Why are you here?

I'm not saying that you shouldn't be here.

I'm asking, WHY ARE YOU HERE?

WHY ARE YOU DOING WHAT YOU ARE DOING?

Have you found something that makes an average athlete world class?

If you haven't, does that not make you one of many?

Do you like being one of many, or do you long to be one of
the few?

Have you discovered something that makes athletes
superathletes?

Have you created something that utilizes the natural
potential of the human machine? Or do you work against it?

Are you truly unique? I know that your mother says you
are. But do you believe that, on a professional level, you are
truly unique?

As a professional, do you have something which NO ONE
ELSE IN THE WORLD HAS?

Can you offer something which no one else in the world
can offer?

Have you found gold in your investigations?

Do you even investigate? Do you lose yourself in your
experimentations?

Or are you just another face in the crowd hoping to get on a
“Top 100” list?

I know that the vast majority of those who come to you are not serious learners. But are you a serious teacher?

And if you are, have you fired those students yet?

Dear friend, like the rest of us, each day that you live is one day closer to death. This being the case, every day that you experience from now until then are YOUR LAST DAYS.

What will you do with them?

From a purely professional standpoint, is what you are doing in these final days of your life satisfying?

Is it?

Are you taking coaching to an entirely new level? If not, then why are you doing it?

I have no recommendations. No suggestions. No advice.

I only have questions that arise from the marrow of my bones. And these are the ones I have put before you.

This ghost will now blend into the clouds. But my words

will remain with you.

Perhaps they will stir something inside of you.

Perhaps they will not.

But my hope is that they will linger in the air that you
breathe.

Until the day comes in which you breathe no more.

The Truth Behind Wedge Play

Forget the towel in the armpit drills.

Stop looking at your swing plane.

Throw away the video cameras.

And please stop equalizing the length of your backswings
and downswings.

I've heard it all and so have you.

You must have solid contact. You must have a particular swing plane, not too steep, not too shallow. You must take shallow divots. You must hit down on the ball. You must get an early wrist set. No, you mustn't break the wrists at all. You must move into your left side. You must lean left. You must have a narrow stance. You must play the ball off your right foot. You must accelerate through the strike. You mustn't let the left wrist break. You mustn't flip the club. You must swing down the line. No, you must swing left. You must maintain a steady rhythm. You must keep your head down.

Are there any that I've missed? If so, email them to me so

that we can have a bonfire come winter.

Do you truly believe that this is the manner by which
people learn?

Do you truly believe that the human brain can imbibe and
incorporate such instructions and so-called principles?

Countless millions have heard these instructions, yet how
many great wedge players do you see roaming the fairways of
golf courses around the world?

In fact, these very same players who struggle with their
wedge games are the very same ones who can recite these
instructions.

What have these instructions done for them?

Do you truly believe that none of these players practice?

Do you believe that their poor wedge play is due to a
complete lack of talent?

These same individuals, many of whom are touring
professionals, can do many amazingly complex tasks, inside
and outside the world of golf. But somehow, using a wedge is

beyond their physical capabilities?

I so often hear amateurs and professionals being criticized for not paying enough attention to their short games. The chipping area is the least utilized area in most golf clubs.

Could it be that it is so seldom utilized, not because the players fail to recognize its importance, but because they are at a loss as to how to use their wedges?

Could the long list of instructions that they have heard for decades have anything to do with their confusion?

What I have discovered is this:

Is crisp contact, swing plane, rhythm, balance, and distance control important?

Absolutely.

But should you focus on these things?

Absolutely not.

Yes, you did hear me correctly.

Crisp contact, swing plane, rhythm, balance, and distance control, not to mention, shallow divots and appropriate trajectory, are not to be focused on.

AT ALL.

Why?

Because they come as a natural byproduct.

Yes, you get them FOR FREE.

Listen, if you understand the nucleus, you get the entire cell.

If you grab the structure by its center, the periphery comes along for the ride.

What precisely you put your attention upon determines the result of the shot.

I have developed a way to control distance and trajectory, through chipping and pitching, using the natural intelligence of your human body.

And it takes VERY LITTLE time to learn.

Why practice something that you are already endowed
with.

Just a slight shift in perception. A little education about the
human machine. And incredible wedge play is yours.

IN MINUTES!

For As Long As You Use A Sport Psychologist, You Will Remain Fragmented

Dear Player,

Why do you use a sport psychologist?

WHY?

I know the simplistic answer that you are going to give me.

But can you give me a DEEPER WHY?

What is the deepest why you can give me?

And for the record, I am NOT a sport psychologist.

And I will also say with complete candor that you don't
need me, either.

Is it that you need someone to be in your corner?

Is it that you need someone to believe in you?

Professional sports can be a lonely place. I certainly understand that an athlete needs someone to lean on from time to time. Certainly no shame in that.

But if that is the reason for which you use a sport psychologist, I accept your honest answer. And I have no issue with it. None whatsoever.

But if you use a sport psychologist to enhance your performance . . .

If you use a sport psychologist to get the best out of yourself . . .

You are playing a silly game. You will remain incredibly limited. And you will NEVER get the best out of yourself with any form of regularity.

Why?

Because a sport psychologist is an outside agency. He is armed with techniques. He comes with a bag of tricks and tools.

And every one of these has a shelf life.

How many tools will you chase after?

How many “techniques” do you need?

When will you stop running from your mind?

When will you step out of the shadows, abandon all such psychological techniques, and once and for all, FACE WHAT NEEDS TO BE FACED?

When will you let go of these childish little games of elaborate pre-shot routines, red-light-green-light, counting your steps, creating a trigger, reciting positive phrases, recalling positive imagery, and on and on.

Let’s see how long “Process, Spot” works.

You are on the run, my friend. And it seems you are forever ready to hire the person who provides the best hiding spots.

Do not ever make the mistake of thinking that this is an advertisement promoting my services against those of sport psychology.

I am telling you quite frankly that YOU DON’T NEED ME.

You need only yourself.

Because within yourself is the way.

Within yourself is the peace you seek.

Within yourself is the reproducible intelligence that can allow you to access the entirety of your skill.

You have found it before. And you can find it again.

But you will have to be willing to face the ugliness of your mind.

You will have to be willing to walk through hell.

It is not an easy walk.

It is emotionally inexpensive and effortless to hire a sport psychologist. But for as long as you do so, you will never have yourself.

As long as you don't face yourself, you will always be fragmented.

May you become destitute and helpless . . .

May you lose your game . . .

May you suffer in all manner of performance . . .

And may this happen whilst working with a sport
psychologist.

Perhaps out of this desperation you will find the fortitude to
look within.

And find the one “psychologist” that has been with you all
along.

I do not wish you ill, my friend.

I am only trying to say that ROCK BOTTOM can be a
beautiful place from which to begin again.

Golf vs Other Sports

When you watch the best players in the world, they're constantly performing skills that require both precision and accuracy, and they're doing so in a very short period of time.

So if this is the case, why is it that golfers feel the need to take so long over a shot? And to have a "pre-shot routine"? I can accurately kick a moving ball to a small target, while running at speed and being chased by two defenders, but give me a club and a stationary ball and no time limit to hit the ball (within reason) and i find it more difficult to hit it to a stationary target, why is that?

Part of the reason for this deals with the way the mind functions. And part of it deals with the very fact that the mind exists, and the your reaction to its existence.

Let's deal first with the way the mind works. I grew up playing basketball with a reasonable amount of skill. And I will tell you that if I had a twelve-foot shot with NO defender coming at me, it was a much harder shot. If I had the same shot, from the baseline let's say, and the defender was charging at me, the shot was much easier. As counter-intuitive as that sounds, ask any good basketball player and he will tell you the same thing. In fact, a clever ploy by a defender is

sometimes to hang back and allow the player ample space and time to hit the shot in order to make it more difficult for him. This is also why you see many professional basketball players who are excellent shooters, but struggle from the free throw line. There is just too much time and space.

Similarly, in golf, if you are faced with a narrow fairway or a tight shot between trees, you often pull it off. The reason is that this particular situation makes your focus and your intent much more precise. Conversely, faced with an overly wide fairway, you get the feeling that there is nothing to help you focus.

In action-reaction sports, instinct is the order of the day. Time and space is rarely a good thing. Playing by reflex, instinct, and freedom is to play without the mind. Golf, on the other hand, is a time-and-space sport. As a result, you are forced to deal with the mind for much longer durations. It would be like a basketball game which consisted ENTIRELY of free throw shooting.

Look at the GAP between play in any sport and you will find the same thing.

As for the mind existing and your reaction to it, this is a very important point. Just because you are forced to be with

your mind for a longer period of time should not necessary spell doom. This is where sport psychologists and I diverge.

They believe that the CONTENT of the mind should be modified so that the MESSAGE that you tell yourself is “positive.” They call it “reprogramming” and “positive thinking.” I believe that the mind does you NO HARM AT ALL so there is no reason to change it.

Your problem is NOT that the mind exists or that the mind chatters or that the mind raises doubt or negative possibilities.

YOUR PROBLEM IS THAT YOU BELIEVE IT.

Siddha Performance Training Insights: Part One

It is a part of my DNA to believe that one should offer his services to the world only once he has discovered something that no one else in the world is offering.

This is the first in a series of discourses in which I will provide a peek inside my training methodologies.

I fundamentally believe that in order to be supremely proficient in a particular skill one must not necessarily be taught the exact motion or technique or form, but rather the WHY's and WHAT FOR's behind that skill. There should be an ABSOLUTE ALLEGIANCE to the climax of that skill.

WHY?

Because if one's introduction to a skill is made in this manner, his individuality will be kept intact. In this way, his creativity and ingenuity is something that will be invited to come forth.

Why is this important?

Because NO SKILL IS COMPLETE IN ITSELF.

The skill is only a skill. What takes a discipline to higher levels, what makes it unique and more developed is precisely the PLAYING WITH IT. The advancement of it. The refinement of it.

This is the way in which skill becomes ART.

But if you have a glance at the world of coaching and performance around the world, in all manner of sports and various disciplines, is this what you see?

Is there an allegiance to creativity and individuality and the advancement and development of skill sets?

Certainly not. There is much more of an allegiance to FORM.

Why is that?

EVERYTHING that an individual or society does stems from one thing: ITS PRIMARY MOTIVATION.

The primary motivation in today's world is instantaneous gain.

The primary motivation in today's world is competitive advantage.

The primary motivation in today's world is lining the halls with shiny trophies.

This is not good or bad. It simply shapes one's path.

If YOUR GOD is winning and trophies and banners, then you must naturally adhere to form. You must naturally adhere to the subset of principles that you know have the best chance of working RIGHT NOW.

If you are in the INSTANT GAIN game, how can you possibly take chances, and evolve, and experiment?

How can you possibly wander off the paved road toward the forest or the mountains?

You have people to answer to, do you not?

Your superiors, your clients, your athletes, your sponsors . . .

I have NO ONE to answer to. And my allegiance is to the

EXPLORATION OF MY QUESTIONS.

My allegiance is to the majesty of the human machine.

In my last session, the client told me that in his last tournament he could not chip to save his life. It was inconsistent contact, distance control, the whole bit.

We spent time together in that session and he was chipping the golf ball to within two feet of the hole, to flags at various distances. He began laughing out loud. And he said, “This just doesn’t seem right. It’s just unbelievable.”

How long did this take?

I remember because he mentioned it.

It took three minutes.

Yes, THREE.

Then he said to me something that I was shocked to hear. He said, “When I came to you today, I knew you would fix me in three swings.”

I would use a different verb than “fix,” but I was taken

aback by his statement.

Why are such things possible?

Because I possess some degree of omniscience never before
seen?

Certainly not.

So what's my secret?

My approach is unrelated to form or mimicry.

Such things are possible because I work IN
CONCERT with the intelligence of the majesty of the human
machine.

Hit Down On The Golf Ball?

If you have read my discourses you will note that a recurring theme in my teachings and writings is the limitations of language in teaching.

Human beings do not respond to words.

They simply do not.

When a husband speaks to his wife, or a father to a child, or a coach to a student, words are being exchanged, no doubt.

BUT WORDS ARE NOT THE TRUE CURRENCY.

The true currency is INTERPRETATION.

And interpretation is subject to one's emotional state, the relationship between the speaker and the listener, the listener's past history, the listener's own experience, the speaker's ability to communicate, and so on.

**Words are HIGHLY INEFFECTIVE AT
COMMUNICATING A MESSAGE.**

It is for this reason that they must be chosen very carefully.

And even if they are, they still miss the mark.

Please remember this: Students do not react to your words.
They react to the image that your words produce in their
mind.

You think you are speaking English. I ASSURE YOU
THAT YOU ARE NOT. You are speaking CODE and you
don't even know it.

Let us take a very popular phrase from the lexicon of golf
instruction: HIT DOWN ON THE GOLF BALL.

Do you really hit DOWN on the golf ball?

Sort of.

If you truly examine it, the answer to any question in golf is
not really a YES or NO. The most honest and true answer is
SORT OF.

But if a student who is blading his wedges asks you a
question, and you say "sort of" he will not understand.

BUT, if you tell him to HIT DOWN ON THE GOLF BALL
he will not understand either.

Words just hit the highlights. They don't express the exact. And it is precisely THE EXACT which produces results.

The only reason that this idea of HITTING DOWN ON THE GOLF BALL was invented was because people were hitting UP on the golf ball. So in order to COUNTERACT the UP, they were told to hit DOWN.

But what happens when a novice golfer is told to hit DOWN?

He hits it fat or comes down too steep or de-lofts the face and a myriad of other things.

There is a far better way to teach. And it begins with the idea of doing less rather than more.

It begins with the idea of being economical with words and generous with silence.

It begins with the idea of exploring the student's idea of club-to-ball interaction and allowing him to find his way to those feelings which cannot be REDUCED to words.

The best communication is WORDLESS.

The communication between the clubhead and the golf ball.

The communication of the sensory areas of the brain
feeling the weight of the instrument.

The communication of perception to the visual cortex.

The communication of the motor cortex to the torso and the
arms.

It's all so delicate, my friends.

So subtle.

So unspeakable.

This is the way it is in the end.

And this is the way it is best learned in the beginning.

The Short Game Of Golf

The short game is the element of golf that is nearest to my heart. Perhaps because it is the most instinctual. And certainly the most spiritual.

The green and its immediate surroundings is where this game breaths. And those who have come to understand it have understood it here.

For almost a decade I have devoted thousands of hours to the development of what I call “the technique-less technique” in pursuit of the mastery of the short game. I have spent years refining these methodologies and distilling them into an essence which can be imparted and understood.

It is, in my opinion, short-sighted to attempt to reduce the short game into a set of mechanics. This, perhaps more than any other part of golf, is an element of the game that is played with the heart rather than the head.

Allow me, if you will, to make a few bold statements:

The greatest putter in the world has no idea how he makes putts. He just does.

The greatest wedge player in the world has no idea how he makes his shots end up at the hole. He just does.

They will no doubt MAKE AN ATTEMPT to explain to you how they do what they do. They will attempt to RETROSPECTIVELY crawl back into their private space and have a look around in order to manufacture a semblance of an intelligent response.

While I do not doubt their sincerity, the truth is they have NOTHING TO OFFER YOU.

THEY- DON'T- KNOW!

It's interesting, is it not?

People who have a knack for something often come about it THEIR OWN WAY. They often stumble upon it in a most innocent and miraculous fashion. They don't learn it from someone or something. They just have a knack for it. They take this knack and develop it. And, in doing so, they become world class in this particular skill.

Then someone comes along and asks them HOW THEY DO IT. And rather than being brutally honest and telling them

they don't know, they make up a well-meaning tale. The listener then attempts to follow the TIPS and INSTRUCTIONS, but of course it doesn't work.

So the question that arises, then, is: CAN THE SHORT GAME BE TAUGHT?

My answer is ABSOLUTELY.

But how can you say that after you just explained that the best don't know how they did it?

The essence lies in the word TAUGHT.

What I call TEACHING must be distinguished from the commonly recognized meaning of the word.

I have stated before that I do not subscribe to the manners in which athletes, particularly in golf, are taught.

I recall that one magical day that I made a great leap in my understanding of the short game. I perform my experiments alone. Preferably in the evenings when no one is around. On this magical day it was evening and I was under the spell of a heavy rain that had rolled in across my town.

I spent several hours in rain-soaked clothing experimenting with ONLY the short game.

What had caught my interest was that there was something about my mental perceptions that completely engaged the target. And that if I allowed this relationship to exist unimpeded by my conscious self, the ball found the target. It landed on the perfect spot. And rolled the perfect speed.

I remember laughing out loud.

I then attempted it again for the next several days. It hadn't disappeared.

I then spent several months refining what I had learned, so that I make it understandable to those I counseled.

As we sit here today on July 2nd, what if I told you that I have discovered a way to play short game shots in which impact, tempo, swing plane, angle of attack, and distance control are NOT the goal of the motion, but simply the natural side effects? Meaning, that if you do it a certain way, you get all of these FOR FREE.

Legendary short game prowess is OTHERWORDLY. It is about a connection between ethereal elements. And it

absolutely can be learned.

But not by practicing your backswing. OR by choosing
“landing spots” (I truly hate that one).

The magician within you works his magic in all other parts
of your daily life. But when it comes to golf, you feel the need
to THINK about everything.

The short game is not technique.

The short game is not landing spots.

The short game is not 9 to 3 swings, or a clubhead facing
the sky, or a quick wrist-set, or a flat left wrist.

For which ever of those is crucial will appear of its own
accord.

The short game is none of those things.

It is that which remains when all of those things are
removed.

It is that which arises from the cataclysm of ethereal
elements.

An Open Letter To Athletes Around The World

Dear Athlete:

Do not read this in the company of friends.

Retreat into a quiet corner of your room, or your favorite
hideaway.

After you arrive at your hideaway, let go of all of your
defenses. All of your dreams. And all of your philosophies.

Don't be frightened. At the end of this letter, they will all be
returned to you.

Let me start with a question.

Aren't you tired?

Aren't you tired of the whole thing?

Aren't you tired of running? Of hoping? Of wishing? Of
speculating?

Aren't you tired of arriving at the field with a basket full of wishes?

Aren't you tired of hoping that perhaps "today will be your day?"

Don't you want to be free of it all?

Do you truly NOT want to be free?

TRULY?

Have you not as yet reached the point where you are disgusted by being the pawn of the game you play?

No one is telling you not to practice. Or to progress. Or to excel.

And if you can truly say that this is all you are doing, there is no problem.

But can you truly say this?

Can you truly say that you carry no burden?

Can you say that you do not carry a heavy load each time

you play?

And how about the advisors and the psychologists that you
speak to?

Aren't you tired of their bag of tricks?

Aren't you tired of the "latest scientific techniques" and the
fancy terminology?

Do you truly not want to return to that time in your life
when the game was a game?

Let me ask you something.

How long has it been since you truly played?

Not schemed and hoped and analyzed and devised and
contemplated and strategized and competed and fought and
grinded and won and lost and dominated and prevailed and
faltered and "processed" . . .

None of that.

When was the last time that you PLAYED?

What was the year? Where was the place? How old were you? And how did you feel?

You have been counseled not to fear.

You have been told to “just play.”

You have been told to “forget about the results.”

You have been told to “stick to the process.”

Do you not see a pattern here?

Do you not see the big yellow balloon in the center of it all?

That particular day long ago when you did actually PLAY, did you need all of this advice?

And so does the very fact that you are seeking it out not imply that something is wrong?

Does it not smack of artificiality?

Do you not sense that you are straying from yourself into some anesthetized world which smells like a hospital ward?

How many potions will you drink?

How many techniques will you adopt?

How many triggers and aphorisms will you employ in the
name of “performance?”

And when you have perfected them all, where will YOU be
in the midst of it all?

The YOU that you once knew?

The YOU that once played.

The YOU that had no need for anything else but himself
and the game that he loved.

Do you really want to lose him?

Is it not time to find him again?

The Feel Around The Greens

The area around the greens is a place to tiptoe rather than tread.

It is a place that one must get in touch with rather than overcome.

It is a place that one must whisper rather than speak.

It is a place which bears the heart of the game.

Those rare individuals who achieved short game mastery developed a feel for the softness of the ground. They could feel it breathe. They could sense its rhythms.

They realized that this was not the place for the overbearance of technique. Or a force of will.

It was a place where a smooth and gentle touch was the order of the day. It was a place in which the player who truly understood, was willing to melt into the surroundings.

Few in history have achieved mastery around the greens.
Few understand its subtleties.

In order to learn one must be willing to listen.

He must be willing to walk softly and feel the ground give
beneath his feet.

He must be willing to blend.

He must be willing to enter this sacred space wholly
unassuming and open to the possibility of freedom.

Only then does he have the chance to taste the nectar.

Only then does he have a chance to develop a true FEEL
AROUND THE GREENS.

He Who Teaches You Mechanics Is Your Enemy

The world of modern athletics instruction is enamored by mechanics.

And this very fact illustrates that they do not understand the ingenuity of the human machine.

This very fact illustrates that they do not respect the creativity of the human organism.

Listen here: If you are a coach and your primary modality of instruction is through MECHANICS, **you are your student's enemy.**

You may be well-intentioned. You may be the kindest of human beings. You may be the most warm-hearted ally.

But from a developmental perspective, you are your student's enemy.

Why?

BECAUSE WHAT YOU ARE DESTROYING IS FAR

GREATER THAN WHAT YOU ARE CREATING.

The human being can figure out the HOW. And he can do it better on his own than he can under your instruction.

The problem is NOT his how. The problem is his WHAT.

His how is perfect.

No matter how wrong or technically incorrect or ineffective you may think it to be. His how is PERFECT.

His HOW is perfect for his WHAT.

What he needs help with is NOT the how.

Help him with his WHAT and HE WILL CREATE HIS OWN HOW.

And through HIS OWN HOW, he will be free to display his creativity.

Through HIS OWN HOW, he can become a legend.

But by YOU giving him a how, you are giving him CYANIDE.

You are destroying THE POSSIBILITY in exchange for the
IMMEDIATE.

This is the problem with the teaching of the new generation
of athletes.

Automatons. Robots. Zombies. Mechanical Machines.

No Soul. No Creativity. No Individuality. No Mystery.

Just X's and O's and lines on a computer monitor.

Well-worn paths leading to commonality and mediocrity.

Address the student's how then JUMP OUT OF THE WAY.

For within him lies the possibility of something
tremendous.

Within him lies the possibility of greatness.

If you kill that, are you his friend?

Or are you his enemy?

Stay In The Moment

This has become a well-worn catch phrase of recent in the athletic and performance communities.

If you ATTEMPT to stay in the moment, you will fight the moment the entire way.

The mind despises the moment. This is why it is so difficult to stay within the moment.

To be in the moment is to kill the mind. But the mind does not die so easily.

Think about it for a moment. The man who lives his entire life in the moment would consider such advice absolutely absurd.

He would say “Stay in the moment? Where else can you possibly stay?”

And the one who considers this advice valuable is the one who DOES NOT live his life in the moment.

The one who ATTEMPTS to ‘stay in the moment’ or ‘focus

on the present' or 'not get ahead of himself' is the one who is
CONSTANTLY NOT in the moment, focusing on the
FUTURE, and IS getting ahead of himself. Because he is this
way, he needs to be advised to STAY IN THE MOMENT.

The problem is, that ATTEMPTING to stay in the moment
is perhaps even MORE EXHAUSTING and, often as
ineffective, as not staying there.

As long as it is used as a TECHNIQUE one can only
achieve glimpses of it.

He will live 99 percent of the time in the FUTURE and
perhaps, if he is incredibly fortunate, 1 percent of the time 'in
the moment.'

The man who stays in the moment ON THE FIELD is only
the man who LIVES IN THE MOMENT OFF OF IT.

It is the man who HOLISTICALLY transforms himself that
truly benefits.

It is the man who is willing to peer behind the curtain, look
deeply into his mind, and discover WHY it is that he DOES
NOT live within the moment, who has a chance to truly STAY
IN THE MOMENT.

And once he does this, he will need no such advice.

Because when such tenets come packaged AS ADVICE,
they are incredibly limited.

But when they become REALIZATIONS they become a
part of the individual.

Advice is simply an amulet.

Realization is a visceral part of one's being.

The one who needs to be told to “stay in the moment” is
precisely the one who stays ELSEWHERE.

As because he stays ELSEWHERE, he must constantly
ATTEMPT to stay in the moment.

And for as long as he ATTEMPTS, he fights the very thing
that he craves.

The moment cannot be bottled.

The moment cannot be tamed.

The moment can only be LIVED.

Competition Is The Enemy Of Play

Why do you bring or encourage your boys to compete in golf competitions? What is the point of it all? We use the world play a lot, but really none of us really play. We are always defending, trying, steering, hoping, and willing. When is pure play first diluted into a need to look good? Or a fear of looking bad?

It seems I've heard this somewhere before, my friend. It will be fun to run with it.

My younger son recently advanced to the final stage of a 'competition' which will be held at Augusta National Golf Club on the Sunday before The Masters in 2015. He was being interviewed by The Golf Channel and I was standing about 15 yards away watching him. I could barely make out his responses to the questions, and I feared moving any closer to him, as I wanted his responses to be completely his own, unencumbered by my presence. I would have loved to know what he said. Though the interview went on for some time, he barely remembered what he was asked, and I did not press him on it.

Afterward, the camera turned to me. One of the questions

the interviewer asked me was something in regard to competition between my two boys. I told him that competition was not something I promoted. In fact, we never talked about in my house. I told him it was important to view each person as an individual with his own personal strengths, unrelated to those of another.

Play is long gone. It is a word whose meaning has been changed and distorted. It has become a euphemism for competition.

I will answer the first question directly. Do my children play in golf ‘competitions?’

Yes.

I have not signed them up for a tournament in years. They make their own schedule, they sign up for the tournaments themselves, and they tell me where they need me to drive them.

I never consider these tournaments as ‘competitions.’ And while my boys may feel a hint of the idea of competition simply by virtue of living in the society in which we all live, I do not believe that it informs their perspective to any significant degree.

They play because they love to play.

All children are this way. Until they become tainted by society. The game of competition, and of winning and losing, is so tremendously destructive to the human being that though its poisons are all around us, we fail to recognize it because it is so commonplace.

The ‘need to look good’ and the ‘fear of looking bad’ is a natural result of competition. And it only happens when the game is no longer a game.

It must be remembered that all that is unnatural has a consequence.

Nature teaches children to play.

Adults teach children to compete.

The Secret Of True Practice



Professional athletes are often sent to me by their coaches, purely for the purpose of helping them create practice plans.

Professional Swimmers, PGA Tour Players, Professional Hockey players, Multiple Olympic Gold Medal Winners . . .

Few of whom understand the nuances of how to practice in order to ACCESS the full sum of their talent. If they achieved what they achieved without this, imagine what they could achieve WITH THIS! This was their reason for coming to see me.

I did not anticipate this. But it is a fact of life that things take shape of their own accord, and not necessarily according to a presupposed design.

The word *practice* is overused and misused. It is most often used in the context of repetition. As such, it is carried out in a purely mechanical fashion. It is carried out with the trust and the hope that repetition will invest one with an extraordinary level of skill.

This is a mistake.

One of the things I love to do is to stand in the parking lot of junior and professional tournaments and watch the players on the practice ground. The driving range, the putting green, the chipping area, the soccer field, the swimming pool, the ice rink, the stage, the arena . . . I make a game out of predicting the top players simply by watching the manner of their practice. Though it may be a warm up, you can deduce the player's sensibilities for practice simply by watching his overall approach.

I am no longer surprised by the fact (because it has become so commonplace) that the majority of these players treat warm up and practice as words. Though they may be looking at their

phones or chatting with friends between shots, there is this deep-seated belief that because they are on the practice ground, they are gaining the benefits of practice.

As is a theme in my line of work, the number of times in my life that I have come across a player who knows the meaning of practice is so few, I could relate it to you in every detail. The common player would view such a practice session as a waste of time. And this stands to reason. For only a jeweler can recognize the value of a diamond.

What is true practice?

In order to answer this question it is important to ask a different question.

What is a human being?

A human being is a prince of nature. A human being is invested with the power of the mighty oceans and is made of the particles that make up the stars in the galaxies. A human being is the most extraordinary creation that has ever come into being.

And every now and again, each human being catches a glimpse of his capabilities, following which he promptly

returns to his sub-mortal form.

What, then, is true practice?

True practice is the type of practice that befits such an extraordinary creation known as the human being.

True practice leads to the procurement of every ounce of a human being's potential.

True practice leads to the everyday creation of miracles.

When was the last time you received this type of practice plan?

More importantly, when was the last time you encountered a player who asked for it?

True practice will not benefit the vast majority of players.

Why?

Because the care and the honor that it requires for its nourishment is simply absent in the heart of the modern player.

True practice begins with what the player brings to the practice. Not with what the practice brings to the player.

This is precisely why I turn away more consultations than I accept. What I have to say may inspire them, but this inspiration soon fades when they find themselves in the company of those who think as they do.

True practice is, fundamentally, a voracious and insatiable appetite for learning.

What does *learning* mean?

Learning means learning about the player himself. How he reacts in different situations. The patterns of his mental moods. How he perceives a particular type of shot. Under what situations his bodily rhythms change. What sort of things make his heart rate increase or decrease by two or three beats. What he feels when he sees another player. What time of day his mind changes its temperament. To what degree the tightness or the looseness of his grip immediately affects his confidence.

True practice is about the tangibles and the intangibles. It is about breaking down the human machine and looking through its every part. It is about unraveling the contours of the brain

and seeing what is hidden inside its recesses. It is about provoking the mind in order to understand its patterns.

It is about becoming an engineer, a tactician, and an artist all in one.

And it is about beginning in the right place.

What is the right place?

The right place is the place within a player that begs to explore the intricacies of his craft. The place within him that seeks to decode the patterns that he seems to follow.

Only once this prerequisite is met, can true learning take place.

It is only this type of person that can know what practice truly is.

And it is only this type of person that can benefit from it.

The Trap That Ensnares Every Athlete In The World



Throughout history it has almost become the rule that the greatest advancements in a particular discipline are brought about through ideas that originate OUTSIDE of that discipline.

My company is called Siddha PERFORMANCE. And this is done out of necessity rather than preference. The word *performance* is a contrivance of a word. A most awkward one.

But it is the only language that professional athletes understand.

What I bring to the world of professional athletes is an understanding of the true nature of the human mind. Through decades of research, investigation, and experimentation, I have applied the results of my work and those of the ancient sages of the East to the world of professional sports.

It matters not the sport. It matters not the venue. It matters not the location. It matters not the individual.

Every athlete in the world is caught in a trap. And the reason that they lay caught in this trap is not due to a lack of intelligence, but a lack of understanding.

Every athlete, either through his own efforts or via the help of one of his advisers attempts to manipulate his mind. Be it an attempt to *calm* the mind or *focus* the mind or *quell* the mind or *satiating* the mind. These are all manipulations of the mind.

The athlete is given a trick, an aphorism, or a self-talk of some kind. It works. But a short while later, the spell wears off.

What happened?

The mind swallowed the trick. It adapted to it. It adjusted.

And it pivoted. And it returns to the athlete full force.

Then the athlete is given a new trick. And he repeats the entire process anew.

The athlete who does this fails to understand that the mind INVITES THE TRICKS. The mind loves these games that you play with it.

WHY?

Because for as long as you play the game with it, you are living squarely within the mind.

Good or bad, right or wrong, you have likely heard of the parents who claim that they do not mind if their teenage children drink alcohol, or even smoke marijuana, AS LONG AS THEY DO IT INSIDE THEIR PARENT'S HOME. Their reasoning is that they would rather have them doing these things, as objectionable as they are, under their supervision rather than off alone somewhere in the street.

The mind is the same way. The mind doesn't care what game you play, or which trick you try. It is happy to entertain you. And even temporarily oblige you. It simply needs for you to live within IT.

Why does it need you to live within it?

Because the importance that you place on its existence is its very life force. If you leave the mind, the mind begins to die.

And just like you, it will defend to the death its need to survive.

It loves the three C's and the four D's. It smiles at the stay within the moment and the one shot at a time and the fake it till you make it and the change your body language. It is amused by the pre-shot routines and the post-shot routines and the red light/green light and the keep an even keel.

And it simply rejoices in your attempt to cultivate mental toughness (<http://bit.ly/mentough>)

I am tempted to write for a month on that most inappropriate concept.

The only path to freedom . . .

The very definition of freedom . . .

Is freedom from the mind.

You may hire an army of sport psychologists. You may read every self-help book ever penned. You may attach yourself to bright-colored electrodes and watch the peaks dance on the screen. You may *smile* and *positive think* and *aphorism* your way through your entire career.

But as long as you work from within the mind, You Will
Never Achieve Freedom!

Your career will forever be a series of stops and starts. Here
one day, gone the next.

It is not a question of will-power. It is simply the manner in
which the machine operates.

And unless you understand it, you will never be free of it.

When you are free from the mind, you gain **Access** to the
full sum of your skill.

Without freedom, you will **Access** only a fraction of that
skill.

And if you are only going to **Access** a fraction of it, why
have you labored for decades to procure it?

Where Is The Authentic Student?

If you are a coach, how many AUTHENTIC students have you met in your career?

If you are a player, when was the last time you were an authentic student?

An authentic student is rarer than the giant squid. And more extinct than the Tasmanian tiger.

If a coach happens upon two in his entire career, he will have considered himself a truly blessed man.

The modern world of sport is more theater than craft. For craftsmen are a rare breed. And true artists even rarer.

The modern athlete has devolved into a creature that is hungry for information. He is wholly utilitarian. Entirely goal oriented. And driven by numbers on a wall.

He needs a fix. He needs a reworking. He is a technician through and through. And thus he seeks the counsel of those who cater to his technical habit.

For he is in search of a number. And he feels that he needs assistance in arranging his limbs and torso in a fashion, just thus, so that it will procure for him his desired reward.

In essence, he is purely a machine in need of a mechanic. And there is no shortage of mechanics to serve his every whim.

Such a one is not a student. And it is for this reason that he requires a coach.

Where is that rare one, that authentic student, who makes me stop cold in my tracks? The one who has so completely given himself to the nature of his craft, he simply cannot see beyond it.

Where is that one for whom an answer-giving coach is seen as the man who spoils the surprise.

Where is the one who realizes that the answer that he receives from a coach are really not answers at all? For in the end they must be filtered through his own perceptions and distilled into his own personal, idiosyncratic truths.

Where is the one for whom sport is an exploration into himself?

Where is the one who understands that the craft of an athlete is NOT a science, but pure art?

Where is the one who is willing to ignore all the rules, abandon all the laws, and burn all the religions of his sport, in exchange for the truth that only HIS tongue can taste and HIS fingers can hold?

Where is the one who views a sporting event as simply a wholly personal opportunity to test his own hypothesis as he inches closer to mastering his art?

Where is the one who realizes that there is NO PARTICULAR WAY?

Where is the authentic student?

When you see him, you will know him. For he will not be difficult to identify. He will be the one alone in the corner of the field, talking to himself. Screaming, laughing, and reasoning with himself. His tools spread all around him. The pages of his notebooks rippling in the wind.

If you go near him, he will likely not notice you. For you are irrelevant to him. You are not a part of his world. And

when he is learning (he does not call it practice), he sees
nothing beyond it.

The authentic student has no need for a coach. For his
questions are beyond answers. As all good questions are.

The worst question in the world is the one that can be
answered.

His questions do not lead to any destination. They merely
form an impetus for the journey.

And when he plays, the sport plays through him. He wields
his instruments as an artist would. With delicate strokes and
caressing blows.

And if you asked how he did something, he wouldn't resort
to verbal explanations of that which is wholly instinctual.

And if you pressed him on the matter, he would tell you
that he simply didn't know. And he would shoot the first man
who attempted to explain it to him.

This is the man for whom Siddha Performance was created.

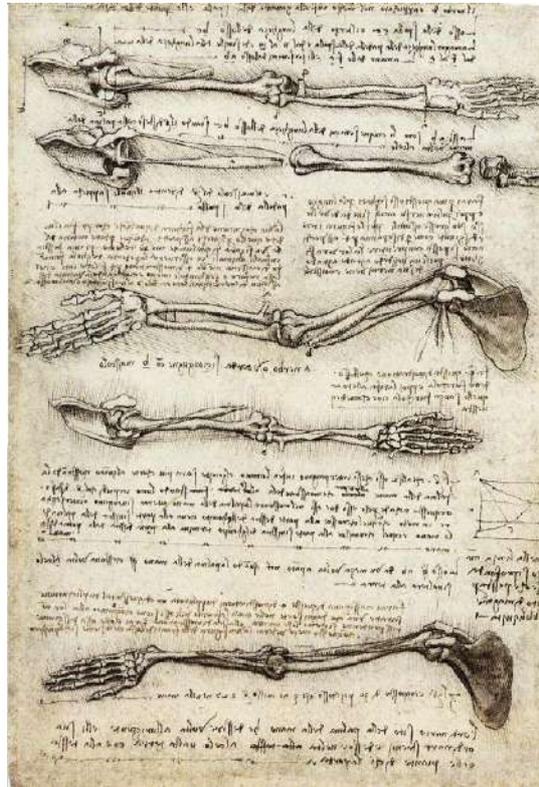
This is the man for whom my heart beats.

And for whom my soul aches.

I occasionally see him in those that I teach.

And the moment that I see this authentic student in my
student, I smile and walk away.

Teaching Without Teaching: The Siddha Performance Secret



A coach's greatest asset is his invisibility.

Take a boxing referee, for example. He almost shadows the movements of the boxers. So much so, in fact, that the boxers hardly know he is there. Every now and again he gently guides and ever so slightly directs, but never does he in any way influence the outcome of the match.

It is the same with the coach.

The student finds himself in a complex interaction with learning a new skill. *And the coach's job is NOT to interfere, but to allow the carnage to take place without a helping hand.* When he feels the need, he gently pushes the learner and his skill back into the ring, so that the interaction can continue, conflict and all.

You see, the master teacher realizes that he is not a direction manual. He is simply a catalyst.

The master teacher has no need to leave his fingerprints on the final product. For in doing so, he will have compromised the sacred bond between the student and his craft.

The master teacher realizes that learning is a sloppy and non-linear affair. And it is often the side effects, rather than the intended goal, that bear the greatest fruit.

How, then, does a coach or a master teacher teach without leaving his fingerprints?

How does he teach without teaching?

This has been at the very foundation of my methodology in helping individuals truly learn without interference.

What is my secret?

The first part of the secret is the most important. And it is simply non-negotiable.

Here it is: ***Your heart must be completely surrendered to the idea that you do not want the student to be dependent upon you.***

This is NOT as easy as it sounds. Repeat business is at the financial core of coaching. But even more important than this is the ego.

Not the common self-aggrandizing ego which says that you're great and wonderful and indispensable. I speak of a more subtle and insidious ego. The type of ego that is not easily recognized.

The ego of being needed. The ego of being in demand. The paternal ego. The instinctive ego which thrives on the idea of being a helper, a dispenser of information.

The ego which makes you believe that you are the Guardian Of Knowledge. The ego of becoming a small god of your universe. A god whom people come to see carrying a

load of ills on their back. And when you see them you smile and pat them on the back and tell them you will FIX them.

The rush of being a helper. This is the subtle ego of which I speak. *And though you may admit it only in the silent corner of a dark room, you know precisely whereof I speak.*

The second part of the secret is the practical application of dealing with the student and the development of his skill.

Let us say that you have a golfer who is making some improper move in his swing. What 99.9% of coaches will do is jump all over the focal point of the player's pain. They will immediately begin to Fix The Move.

And this is entirely logical. And it is SO VERY seductive to do this. It is so instinctual to dive into the HOW. I understand these instincts.

But great works sometimes arise from rising above our natural instincts. Precisely because the genesis of these instincts is often habit rather than nature.

The player did not arrive at this move by way of a HOW. So why would you divorce him from it by way of a HOW?

This incorrect move is actually perfect. *The human body is more intelligent than the coach that attempts to manipulate it.*

This incorrect move serves a critical role in the player's current level of understanding. *Refine the understanding, and you will refine the technique.*

What is the alternative?

If you attempt to correct the move, the player will overdo the correction. If you attempt to undo the excess in the correction, he will overdo the excess. Because he will be flying blind and navigating solely by your instruction, he will always be just shy of correct. And you will have sown the seed of dependency.

So how do you teach him to correct the move, without addressing the move?

When some people have a gallbladder attack, they feel pain in the shoulder. This is called Referred Pain. If you attempt to ease the pain in the shoulder, you are wasting your time.

If you attempt to correct the move, you are also wasting your time. For the incorrect move is being REFERRED from

somewhere else.

Where is it being referred from? Usually from the player's lack of understanding.

But herein lies a beautiful thing: It often does not matter where it is being referred from.

This is the critical juncture. This is the Make or Break Point. Are you ready for it?

Your job is to have the player make the change without him realizing he is making it.

Not only do you ignore the how, YOU MAKE CERTAIN THAT HE IGNORES IT AS WELL. Not only ignore it. But, in fact, be oblivious of it!

How? (no pun intended)

*By having him focus on the external rather than the internal. By having him focus squarely **ON THE RESULT AND NOT THE PROCESS.***

YES, I SAID IT!

BLASPHEMY!

This is where most coaches go astray. They attempt to teach the correct move in order to produce a given result.

But THE SECRET is precisely the opposite.

The SIDDHA PERFORMANCE SECRET TO TEACHING
WITHOUT TEACHING IS TO HAVE THE PLAYER
PRODUCE A RESULT THAT PROMOTES THE CORRECT
MOVE.

Why?

Because then the player will be oblivious of the move.

So what?

Because he will be oblivious of it, he will not put his attention upon it.

So what?

Because he will not put his attention upon it, he will not put a disproportionate emphasis upon it at the expense of everything else.

So what?

Then it will be seamless. And reproducible. And most importantly, it will be WITHOUT THOUGHT OR VOLITION.

Here is a very simple example that I dealt with just last week.

There was a highly skilled golfer who was coming *over the top* in his swing. The advice he received was to rest his weight onto a vertical club stuck in the ground with outstretched left arm, and practice an underhanded motion with the right side of his body. He was told to repeat this move.

The player practiced this and he could do this, but the minute he stood over a golf ball he again came over the top.

Because he was focused ON THE MOVE, he was incapacitated by his emphasis ON THE MOVE.

I told him that I could address his problem much more efficiently and seamlessly by forgetting about THE MOVE altogether. He was all ears.

I stuck an alignment rod vertically into the ground about 10 yards in front of him, directly on his target line. I asked him to aim directly at the rod. I then asked him to hit a shot with the condition that the ball must start RIGHT of the rod and work its way left. The ball starting RIGHT of the rod was far more important than the eventual draw.

Why did I do this?

Because, firstly, I IN NO WAY wanted him THINKING ABOUT THE MOVE. Why would I want him thinking about something that will work itself out through an appropriate action?

And, secondly, because I knew that THERE WAS NO WAY that he could come over the top and satisfy the condition of starting the ball right of the alignment rod.

So, in this way, he was learning a HOLISTIC ACTION rather than a single move at the expense of all others.

And remember this: *Dynamic actions are far more easily reproduced than are single moves within a complex movement.*

Why?

Because holistic dynamic actions are FELT, rather than
REMEMBERED.

*Holistic Dynamic Actions are more easily reproduced
because they become a part of the human being's Instinctual
Motor Pattern rather than his cognition.*

*All that a human being does beautifully, he does
unconsciously.*

And this is far more the result of learning, than it is of
teaching.

No Prescriptions



The world is in love with the notion of *how*. Students love to ask for it. Teachers love to dispense it. But the student who asks this is not a true seeker. And the teacher who dispenses it is not a true teacher.

Why?

Because *how* asks for a prescription. *How* asks for a method. *How* asks for a template. *How* asks for a recipe. *How* asks for *THE WAY*. And those who ask the *how* question, ask the question precisely because they are ready to follow the

how answer. And if a person is willing to follow the way indicated by another it is only because he believes that there is, in fact, a path that is ready for him to tread. He has not yet come to the realization that a path is not a road, but an experience. And that experience is not something to join or walk toward. It is something that is continually and incrementally unfolding before him as a function of his way of perceiving his place in the world.

In some ways, the very act of teaching is to misunderstand and to underestimate the nature of the human machine. As teaching is largely about the dispensation of information. The human brain does not respond to another's words. It responds to its perception and translation of those words. In this way, the teacher and the student are forever speaking a different language.

The teacher teaches the *how*, not only because he feels it is the only way or the best way. But because he simply loves to do so. He gains something from it. Emotionally and financially.

The student asks the *how*, because he seeks a quick resolution to his problem. And though it may only work temporarily, he becomes accustomed to this chase.

The true seeker is consumed with the *WHAT*. For him, the how is like the remora fish that rides the belly of the great shark.

The great teachers are not teachers at all. They are seekers. They are not so much interested in their student's development of technique, as they are in the development of his understanding.

Teaching technique will lead to an enhancement of one's technique. But never to the realization of one's potential.

Asking for the *how* does not make one great. It makes one dependent.

Seek understanding. Not instruction.

For the ultimate technique is devoid of conscious action.

And the ultimate understanding is devoid of thought.

The Key To Supernatural Goaltending



From the standpoint of the human mind, goaltending is a wonderfully rich position to explore. And I have explored it for many years.

You can stick to the staple diet of goaltender recommendations from the post-goal routine to the positive self-talk to the mental reframing to the tapping of the goal posts to the emotional control and the much-touted quiet-eye

technique, if you wish.

But these are simply techniques. They are simply tricks of the trade. *As always, these are meager attempts at throwing cold water on the mind. And, as always, the mind quickly adapts to these techniques and returns with a vengeance.*

When the goaltender is on his game . . .

On those nights that he feels that he will naturally stop everything with the least bit of effort . . .

It is not because of any such technique.

Please consider it logically. If it were about a Technique, then wouldn't he simply adopt the technique every game and be ON every night?

Enough with the cosmetics. Let's get down to business.

I don't have much interest in helping those who seek *mere improvement*. I am not inspired by the prospect of someone wanting to simply *get better*. If this is all someone wants, it is best to stick with the tips, the tricks, and the techniques.

And for me, as it is for most human beings who wish to be truly GREAT at their craft, it's all about Inspiration!

I am interested and inspired by those who seek to be Legends! Those who wish to elevate the bar of their sport simply by them having been a part of it.

For the rare goaltender who is driven by this very ideal, I offer the following insights.

One of the most significant issues that a goaltender faces is the issue of **Anticipation**. When the player skates toward him the goaltender's mind begins its process of attempting to Guess, through the player's body language and puck position, the direction that the puck will go. The goaltender's mind goes in and out of focus. It shifts between the player and the outcome in a series of flickers that occur in microseconds.

Some say that this anticipation is necessary. That it is the goalie's best weapon against the attacker. They say that the goalie must wait for the puck.

I understand such thinking. It is entirely logical. And it stands perfectly to reason.

But have you noticed the irony? Have you noticed that in

practice a goaltender is taught all such psychological techniques. But on those nights that he is a star he rarely uses them. In fact, if you speak to him after his best performance and you ask him if it was these techniques that made him perform so unbelievably he will answer you with ambivalence. He will imply that they were sort of used and sort of not used. He desperately attempts to explain to you the truth that he felt on that magical night on the ice. But he cannot seem to find the words.

There is a reason for this. ***Because on those rare nights that a goalie is in the zone, he is not subservient to technique. Rather, he supersedes it!***

On these rare nights, it is not that his conscious attempts at anticipation happen to be correct . . .

It is not that he happened to guess right . . .

It is that, somehow, mysteriously, his internal rhythms connected with the rhythm of the puck on the stick. It is that his body became light and nimble. It is that he felt the puck in his chest seemingly hours before it left the attacker's stick.

It is not that his anticipation was so strategic and calculated.

It was that he did not feel the need to resort to it.

In fact, it was not anticipation at all. *It was a knowing. Not a knowing of the brain. But a knowing of the heart. Of the limbs. Of the delicate and fluid movements of his ankles.*

The question that the legendary goaltender needs to ask is NOT “How can I get better at stopping the puck?”

The question that I am interested in addressing with him is “How can I find that glorious state in which anticipation is not necessary? How can I capture it? And how can I practice so that it comes about more often?”

That is the question that my work addresses. That is the question that my methodologies answer.

And it is THE MOST IMPORTANT ONE for the goaltender to explore.

IF he wishes to become a *legend*.

Can A Human Being Truly Realize His Potential?



CAN is a word that needs to be defined.

There is the CAN which refers to **THE** human being, as in The Human Race. And there is the CAN which refers to **A** human being, as in One Human Being In Particular.

THE human being can indeed do anything. But this sort of information is the focus point of self-help and pop psychology articles and, thus, it is trite, cliché, and powerless.

A human being CANNOT do anything. While this human being in particular is most certainly endowed with the POTENTIAL of being able to do anything, on a strictly practical level he cannot. A human being is a very limited human being in the overwhelming majority of circumstances.

A human being almost NEVER achieves what is his birthright.

A human being almost NEVER achieves the potential that he has been given simply by virtue of him being a part of THE Human Race.

Can THE human being, as in the human race, really and truly realize his potential?

Yes.

Can A human being in particular really and truly realize his potential?

Only That Rare One and NO ONE ELSE!

Why?

There are several reasons for this. I will highlight a few.

One reason is this:

Whether A human being is a world class athlete or dancer or artist or executive or teacher, he is painfully susceptible to the words of those around him. Mind you, it is not that he necessarily wishes to be thus susceptible. HE JUST IS. For whatever and various reasons, THIS IS HIS DEFAULT SETTING. And because he is so painfully susceptible to the words and opinions around him, he is simply DOOMED!

Why is he doomed? *Because unless the people around him are Jesus Christ, The Buddha, Gandhi, Lao Tzu, Chaung Tzu, Confucius, or Maha-vatar Babaji, the words and the opinions that he imbibes will be at once limited and gloriously flawed.* And because A human being typically becomes the company he keeps, his life will be cemented into an existence of mediocrity which mimics those whose opinions he imbibed.

But then there is That Rare One . . . Though he is surrounded by opinions he dismisses all of them. Though he is pleaded to follow, he vehemently declines. There is something inside him which is kindred to the native potential that is bestowed upon THE HUMAN RACE. He has always been partial to some ethereal KNOWING inside of him.

Something no one else ever understood. *And thus it made him ALONE even in the company of a crowd. But this ALONENESS was actually a manifestation of his Uniqueness.*

There is something within That Rare One which has always made him feel that he knew The Truth and that all of those around him were blithering fools. Were they indeed blithering fools? Mostly, but not completely. In believing this, did he sacrifice some kernels of truth that he could have benefited from had he listened? Certainly. But this small reward pales in comparison to the most significant benefit of this belief. This belief provided him with an iron shield which protected him from the path to mediocrity. And it kept him on a search for the zenith of his potential.

Another reason for this:

A human being is motivated by answers rather than questions. And any human being that is interested more in the answer rather than the question will invite a thousand answers from all different directions, In The Form Of Opinions! And once he has done this, he has settled comfortably into the scenario outlined above.

But then there is That Rare One . . . Who has always been

interested in the search and the query. The answers simply spawned more questions. **And thus his questions became so refined that they created for him a cobblestone path directly to The Truth.**

Parenting is a wonderful example of all of this. As much as I am against direct teaching . . . In exploring with my boys the subtleties and the intricacies of golf, there are those rare moments in which I find myself falling into the trap of needing them to listen. *And during the very moments that I am explaining to them how important it is to listen to my words . . . inside I am privately hoping that they do not.*

And after reading this discourse, perhaps you should not listen to me either.

Supreme Performance Through Levitation: A Siddha Secret



When athletes and performers are at their very best their internal milieu detects a sense of Lightness. Some athletes who are sufficiently sensitive to their own sensations actually feel this sense of Lightness.

Rather than walking or running or jumping, it is an ethereal

sense of Floating.

Here at Siddha Performance this is one of the natural side effects of my training methods.

As you know, a muscle fires fastest when it is most relaxed.

And it is most relaxed NOT by stretching it. But by its transformation into a seemingly liquefied state. In this state, the muscle is at the athlete's disposal. And he feels that he can snap it at the speed of a cobra strike.

When a human being feels Light, his muscles and tendons act like a whip. His speed increases many fold. He GLIDES down the track as if his feet were hovering a few inches above the rubber. He GLIDES across the ice with the least bit of effort. He FLOATS down the fairway as if he were levitating.

He thus feels an otherworldly calm. And because, in this state, he does not get in his own way, his performance hits its peak.

This is a training that is indispensable for any professional athlete. Regardless of his sport.

And it has nothing to do with his body. And everything to do with his mind.

Specifically, it begins with a dissection of the athlete's source of perception. For this is the seat of this seemingly supernatural ability.

A Reliance On Science Produces Not Giants



Do you remember those legends of old? The ones who raised the level of their sport to an art form. The ones who used sticks rather than steel. The ones who drank water from a tap rather than a formulated liquid from a bottle.

Do you remember those giants?

And if you had today's players play with their unscientific equipment, would they play as well?

In fact, do today's players with their scientific equipment

play as well as they did?

The athlete has lost his way. He is no longer seen as a human being. Rather he is seen as a skin-enclosed sack of dissectable parts. His brain is imaged. His muscles are torn.

His saliva is screened. His movements are filmed.

He has been taken from his field of play and locked within the clear plastic of a petri dish. He was once a free man that roamed the verdant fairways. He was once a free man who loved the sound of his skates scraping the ice. He was once a free man who played with a racquet and ball.

Instead of roaming fairways he now roams the polished floors of ivory towers. Instead of hearing the scratch of skates against ice he now hears the high-pitched sounds of beeping machines. Instead of holding a racquet he now holds an electronically studded wand.

If one wishes to add a semblance of legitimacy to his argument he need only begin his statement with, “The science says . . .” Science has become the answer to everything. And this is because the wrong questions are being asked.

If an athlete is in the zone, does he care what parts of his brain lights up on the MRI? If he hits a powerful drive does it

matter what his swing speed was? If he hits a perfect fade
does it matter what his path to face ratio was?

Have machines provided a greater understanding into the
nature of how instruments work? Yes.

Have they provided a greater understanding of ball flights
and ball-club interactions? Yes.

Have they provided a greater understanding of the effects of
various factors upon the different sections of the brain? Yes.

Should the athlete himself have anything to do with this?
NO!

The athlete is the specimen that is being studied. If the
scientists wish to translate HIS art into THEIR science let
them do so. Let them understand. Let them watch him and
analyze him and dissect his movements.

FROM AFAR!

Let them keep their journals to themselves. Let them cover
their computer screens. Let them keep their raw data locked
inside their cluttered offices.

The only science that the athlete needs is his own idiosyncratic, personal, sloppy, patchwork science that he has accumulated through decades of toil in his trade. That ridiculous and unscientific science that only he knows. And that only he needs to know.

The science of adjusting the bill of his hat before the shot. The science of loosening his index finger on the grip. The science of clearing his throat before he jumps. The science of slapping his stick three times on the ice before he takes the face off.

The science which comes from his liver rather than his brain. The science that is completely unscientific. The science that is not rehearsed. The science that can never be written about in journals. The science that does not correspond to reason.

The science that a scientist will never understand. But which the athlete can reproduce in spades.

While it may provide an element of benefit for the athlete to perform in front of a machine, he will eventually begin to adjust his game for the data rather than the field of play. He will eventually begin to react according to the numbers rather than to the complex but wholly familiar situation that

confronts him on the field.

The science of the athlete is not the science of muscle or brain. *His is the science of fingertips.* His is the science of the taste on his tongue. His is the science of perceiving the slight breeze coming off the Irish Sea. The one that instruments cannot measure. The one that only skin can feel.

His science is not the science of analysis. It is the science of FEELING. The science of KNOWING. Not in the contours of his brain. But within the chambers of his heart.

This is what must be fostered. This is what I emphasize with players.

For this is the type of science that no MRI can capture. And no electrode can detect.

This is the science of the athlete. And its magic lies in its being unscientific.

Fields Of Grass



Man is a strange creature. He sees a rock and seeks to extract a diamond from it. He sees a tree and he seeks to use it to build a house. He sees an ocean and he seeks to collect oysters from it.

He sees a field and he seeks to extract glory from it.

Golf courses, baseball fields, soccer fields, hockey fields, football fields, . . .

These fields have been hailed as the arenas worthy of a

Greek tragedy. These fields are written about in history books. Their blades of grass have been magnified to legendary proportion.

But while all manner of history and drama has occurred *on* these fields, they did not occur *because* of them.

You see, man has become a discontented creature. His life is almost never sufficient just the way it is. He is never enough just the way he is.

Man is not inflicted by drama. He creates it. He swims in it. He drinks it. He suffers its every high and its every miserable low. This is the game he has created for himself.

Complexity is the order of the day. And he cannot live without it. He must create something where there is nothing. He must attach importance to something that inherently has no importance. He must create a story out of disconnected events.

Some say the media is a master at this. And they are correct. But the media learned it from man. The media is, in fact, the public manifestation of man's private musings.

You might say that such playfulness with life and with

these fields is just an example of man having fun. If that were the case, it would be both beautiful and tremendous.

But even if man began this as a game, it is a game no longer. Somewhere along the way everything became real. And the reality has caused more suffering than can possibly be imagined.

Reality is too mundane for man. And this new reality that he has created is simply insufferable. So much so, in fact, that it is not sustainable.

Man has a habit of turning backyard battles into world wars. He has a habit of dramatizing events into lifelong sagas. He has a habit of turning play into conquest.

The athlete has turned the field into a wishing well. He comes with a decade-full of baggage in hand. Hoping to settle the score of his unrequited dreams.

For him, the field is no longer a field, but an opportunity. An opportunity to replenish what he lost long ago. An opportunity to look into the mirror and see a reflection that is greater than the image that produced it.

He has certainly found his way to it. But how can he make

his way through it?

By looking at the field the way it looks at him. By seeing it through innocent eyes. And a motiveless heart.

By looking at the game as an expression of his joy. By looking at play as an expression of his freedom. For this is the only way in which he can play fully. And if he is not able to play fully each time he plays, of what use is it to play at all?

Meaning is an overrated concept. It is a story invented by the mind. To see things as they are is to truly see. To see through the eyes of meaning is to travel through life as a blind man.

The field has no desire to be more than a field of grass. For it recognizes that if it unabashedly lives as itself, what more is there possibly left to gain?

If only the athlete could learn this wisdom from the field upon which he plays.

Is INSTANT FREEDOM Truly Possible?



Is it possible for an athlete who has been accustomed to nervousness, anxiety, and pressure for his entire professional career to access freedom whenever he so desires?

Whether it is all square standing on the eighteenth tee, or match point, or sudden death, is it possible for an athlete to become completely free? In an instant?

Not only is it possible, it's not even difficult.

When an athlete understands the human mind, so many things that were hitherto impossible, instantly become possible.

Athletes suffer from stress, pressure, and nervousness NOT because they have the wrong thinking. Not because they have the wrong behavior. Not because they lack mental skills. Not because they are mentally weak.

But because (1) they do not fundamentally understand from where within themselves supreme performance arises, and (2) because they do not understand what precisely within their perception usurps their freedom.

A professional athlete lives on the very edge of greatness every time he plays. But he does not realize this. He believes that those extraordinary performances that occur on those rare and magical days are necessarily occasional occurrences.

Experience has taught him this.

But entertain this just for a second. What if it were one single, specific thing that could deliver his freedom to him on a silver platter? What if it were one single, specific thing that could allow him to access all of his skill in a matter of minutes?

If you who are reading these words are a professional athlete, what would this be worth to you?

To have all of your skill and all of your freedom within the palm of your hand. **WHENEVER YOU WANTED IT!**

How long would it take?

One session.

“You are telling me that you are going to give me in one session what most don’t achieve in a lifetime?”

My answer is **Yes!**

I will close with a quote from one of the most inspirational movies I have ever seen:

“Dying in your beds many years from now, would you be willing to trade all the days from this day to that, for one chance—just one chance—to come back here and tell our enemies . . . That they may take our lives. But they’ll never take . . . Our Freedom!”

If you are a professional athlete, can you really afford to

play without freedom?

There is now a company that can provide it for you.

My words are sincere. And I ask you to hold me to them.

For if I cannot . . . My words are not worth the paper they
are printed upon!

How Do I Motivate The Young Athlete?



A prominent tennis coach from the UK asks,

I have a young female tennis player who is 8 yrs old. I ask her to hit 8 shots with a purpose. After she hits the shots, I ask her how many were with a purpose. Her reply is “Two.” I have tried many ways to get her to perform to her best ability consistently. Sometimes she can blow you away with her performance. Then she switches into her “dream world.” I am really asking of different ways to motivate a young player to perform to her best ability. I have tried many things. I’m wondering if you can help me with this.

I fully understand your situation. Your intentions are for her to capitalize on her talent but she seems to be here one moment and gone the next.

We must back up a little bit. We must zoom out a little in order to look at the situation on a more fundamental and holistic level. Forget the relationship of coach and student for a moment. Let us look at this as an adult vs child situation.

Adults and children live in two entirely different worlds. The adult sees nothing new. He hasn't seen a new thing in years. The child, on the other hand, sees everything as new. The child explores, while the adult calculates. The child wonders, while the adult assumes. The child dreams, while the adult strategizes.

Children with talent are blessed and cursed when they enter into this world of ours. They are blessed with a talent with which they can make a career and a living. But children with talent are cursed in that they almost invariably live a life of conflict. The reason for this is because well-meaning adults in the form of parents and coaches become enamored with their talent and, thus, seek to develop it and maximize it. Obviously, their intentions are pure and entirely logical. But the parent or coach who has a talented child on their hands

will find themselves hitting a wall on a regular basis.

Why?

Because when they look at the child, they see only his talent. But the child sees his talent as only a part of him. He seeks to use it, rather than develop it. He seeks to play with it, rather than refine it.

The coach sees through a coach's eyes. His is a world of *development* and *progress*. But the child sees through soft eyes. He sees the world in different colors. And amorphous shapes. The world is not so clear for him. And this is why it is still beautiful.

I do NOT say that a child's talent should not be developed. Nor do I say that its development is the primary goal.

There is only one way to train a child and not have conflict. And that is to ease up on the *adulthood*. Take off your coach's hat and throw away your whistle. When she is *with you*, go all out and let her hold nothing back. Make it full force training, with all blood and glory. But understand, that she WILL, in the most inappropriate times, inquire about the scent of the roses. And the name of the bird that passes overhead. She will leave you completely and venture into her world of dreams.

And when this happens, the best thing you can do is to **go there with her.**

Coach, it will be the most difficult thing to do. Letting go is always the most difficult thing to do.

But if you do this, you will perhaps learn more from her than she will ever learn from you.

The Ultimate Meditation For Performance



There has been a trend in recent years to prescribe meditation for the purposes of performance.

Meditation is a very misunderstood practice. It has been propagated throughout the west along with the modernization and commercialization of truly sacred concepts such as yoga.

Meditation has turned into a prescription. And as a prescription, it loses its power.

I will briefly outline a few fundamental tenets about meditation which you may not have heard before.

Meditation is not about achieving something. It's about losing everything.

If meditation is looked upon as a method of gain, it will fail miserably. For it is about ridding oneself of the extraneous.

Meditation is not a road to somewhere. It is a road to nowhere.

And **nowhere** is the place of peace. Somewhere simply leads to more somewhere's. Somewhere is the road which takes you away from yourself.

Meditation is not an activity. It is a way of being. If it is used as an activity, it does not reveal its secrets.

What is the ultimate meditation?

The ultimate meditation is to Not Meditate At All.

The ultimate meditation is To Be Meditative!

Meditation is a quality. And if you infuse this quality into

your daily activities and into your manner of play, you will reap the effects of this abstract concept known as meditation.

This is the Ultimate Way To Be.

When you are meditative, you become part of the surroundings.

When you are meditative, your relaxation deepens.

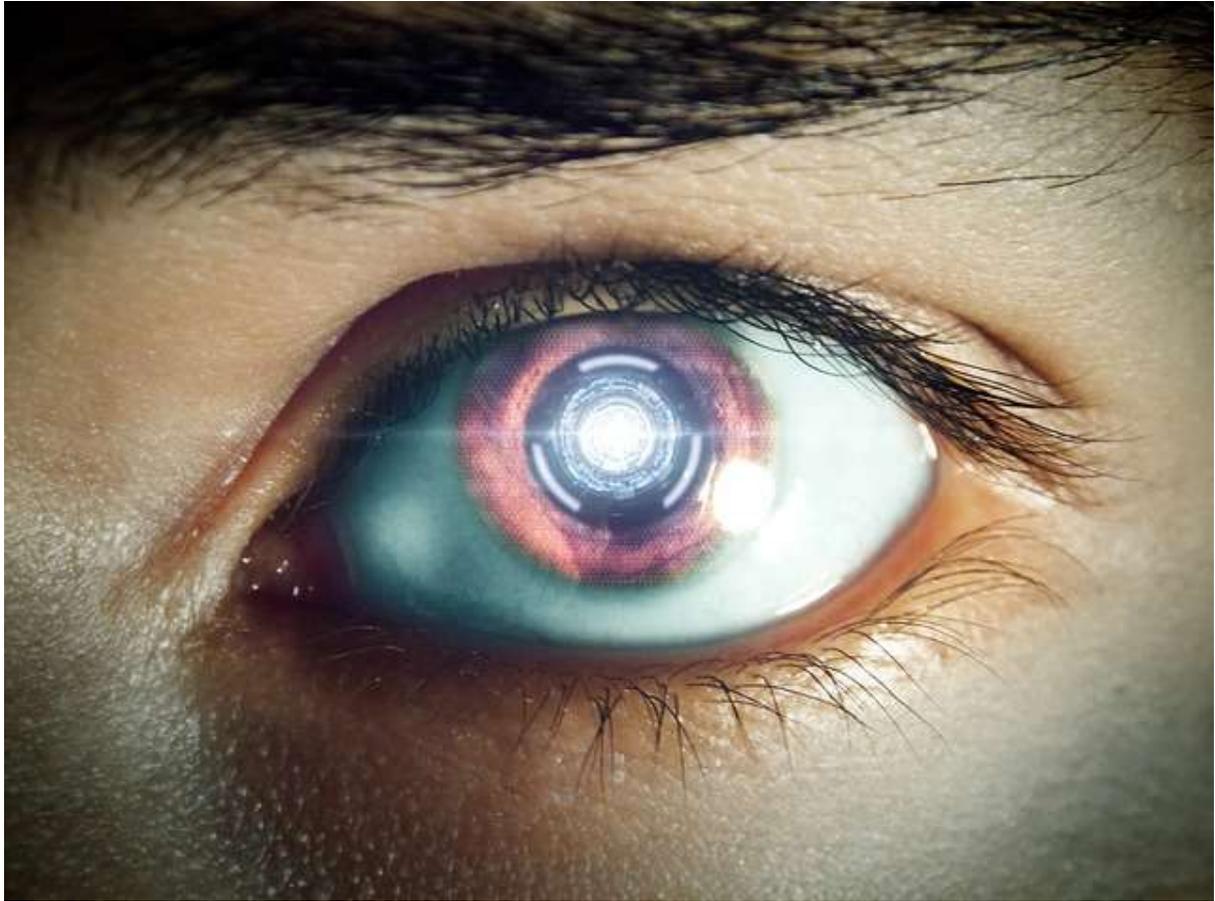
When you are meditative, your actions become fluid.

When you are meditative, even the instrument that you hold responds to the meditateness.

When you are meditative, your instincts become your actions. And when your instincts become your actions, your actions become pure. And complete.

And when your actions are Pure and Complete. You will naturally produce the result that the situation requires.

A Clarion Call To The PGA Tour Player



Fair Warning: This discourse is not for the faint of heart.

Do you want to be the best in the world?

Do you really? Or do you just speak about it between
cocktails?

Do you want to be the master of your own destiny? Do you
want to reach the point where the world rankings keep

searching for you, rather than you searching for your name
inside them?

Then stop with all the little melodrama, and create some
real Drama! The type of drama you're afraid to create. The
type of drama that threatens your respectability. The type of
drama that yanks you from your comfort zone and leaves you
standing naked and cold in a city unknown.

Are you ready?

Are you sure?

You know I don't pull punches.

First abandon all the little melodrama. Drop the crying
about the missed cuts and the bad bounces and missed putts
and all the ill fate. Just stop it!

At the next event, after Feherty interviews the winner
adjacent the 18th green, tell him you have something to say
but you won't say it until he turns the camera on. You'll get
no resistance from David on that, trust me. When he turns the
camera on, look into the center of the opaque lens and tell the
world that **You're The Best Damn Golfer In The World!**

YES, you must say DAMN!

NOT “Top five.”

NOT “ONE OF the best.” (what does that mean?) No modesty. No politeness. No political correctness.

Tell the world as it watches you LIVE, that you’re The Best Damn Golfer In The World! Tell the world that you are taking this moment to apologize TO YOURSELF for not understanding the glory of your own humanity!

Then, walk up to the set that features Brandel, Kelly, and Frank and tell them that you have something to say.

Grab the preternaturally eloquent Brandel Chamblee by his crisply ironed lapels and tell him that you love the fact that he speaks his mind and that it is now time for you to speak yours. Pull up a chair as the fourth man on the set, put your elbows on the table, look into the camera and **tell the world that if you do not become World Number One by the end of the following year, you give the PGA Tour the right to revoke your card and give it to a player who is willing to come through on this promise!**

Tell the world you’ve never heard of anyone named Tiger

Woods. And that you thought that Rory was a struggling mini tour player from back East.

Do it!

Then, once you've burned all your bridges . . .

Once you've created this unthinkable ultimatum . . .

Once you've created this REAL Drama . . .

Get back to work and see if the little melodrama bothers you any more. See what happens to the nature of your practice. See what happens to your productivity.

Until you do this, it's all talk.

Until you do this, you're going to continue to sit in your nice comfortable sofa with your pictures of Jack Nicklaus hung neatly on the wall.

Until you do this, you're going to carry on with your little "block practice" and "pre-shot routines" and "process" and "eventually's" and "some day's."

Until you do this, your "Some Day" Is Never Going To

Come.

Let's get serious, Mr. Tour Player.

Let's stop the nonsense.

Until your hair is on fire . . .

Until you're standing naked and vulnerable in the street . . .

Until you're ready to sacrifice all the excuses and "but's"
and "and's" and "maybe's" and "eventually's" . . .

Until you're ready to give yourself so completely to your
craft that only the craft remains . . .

You are going to coast. And he who coasts rides a tide to
nowhere.

I'll ask you what I asked you a few moments ago.

It's the question I asked my older son when he was 8 and he
told me he wanted to be a Tour Player.

It's the question I ask every client before I agree to work
with him/her.

It's the question I ask you now.

ARE YOU READY?

The Ultimate Mindset For The Athlete: A Behind The Scenes Training Secret



Today I am willing to divulge to you one training secret that I have used with many top level athletes. This one secret has led to some of the most incredible performances that these athletes ever experienced.

And it happened IMMEDIATELY.

Professional athletes live on the very cusp of greatness. And

experience has taught me that sometimes one little thing makes a monumental difference.

I am not a big proponent of “mindsets.” But mindset is what a person has until he learns **mind transcendence**.

From the standpoint of performance, the athlete’s biggest problem is not one that he faces during the course of play. Or at the end of his play. Or even at the start of play.

The biggest problem that he faces occurs BEFORE he plays. From five seconds before to two weeks before or even six months before.

What is this problem?

Hope.

I know you’ve been told to *embrace* hope.

But the truth is, Hope kills.

Hope is a destroyer of performance.

Hope is worse than any negativity that one can manufacture.

Hope creates ulcers.

Mark my words: Hope kills the athlete!

Hope is pedaled through positive thinking. It is distributed by the bucket full through aphorisms. It has, in fact, become the reason why athletes play the game.

And this is why there is so much mental strife in professional athletics.

Hope will suffocate your play. It will constrict your blood vessels. It will destroy the possibility for clarity. It will set you on the edge. It will energize your erratic emotions. It will turn simplicity into complexity.

If hope is the reason you play, you will never be free.

Why?

Because hope is a dead end street. If you GET what you hope for, you succumb to excitement. If you DON'T GET what you hope for you succumb to disappointment.

What's wrong with succumbing to excitement?

Excitement and disappointment are two heads of the same coin. They are both states in which The Mind is massive, ubiquitous, and robust. And the more massive, ubiquitous, and robust your mind is, the more you will suffer its every whim.

The more you will be enslaved by it. The more you will succumb to ALL EMOTIONAL TURMOILS.

This is why you live a roller coaster life. Never forget, that if you feel High about a High, you will feel equally Low about the Low. And make no mistake, the low and the high are inseparable siblings. Whenever you encounter one of them, the other is not far behind.

For as long as you play through hope, your play and your emotions will suffer a roller coaster existence. And before you rush to grasp old adages such as “keep an even keel.”

STOP! Do Not Pass Go. Do Not Collect Your \$200!

I am NOT telling you to “keep an even keel.” Because if you ATTEMPT to “keep an even keel,” you will eventually “keel” one way or the other. And the reason this will happen is because you approached it as a PRESCRIPTION.

If you approach it through UNDERSTANDING, your

“keel” will automatically be even. And because you will not have Attempted It, or Manufactured It, or Constructed It, it will become a natural part of your DNA. And thus it will stay with you.

There, I’ve given you a treasured secret.

But understand, that any secret that I give is one piece of the larger puzzle that I reveal and explore with my private clients.

I reveal some secrets through my writings in order to help those with whom I will perhaps never have the pleasure of working with, given the fact that I work almost exclusively with professional athletes, and that my availability is unfortunately quite limited.

Perhaps I will go a bit further. Perhaps I will reveal EVEN MORE.

Sure, why not.

Until you have learned to transcend the mind, there is something that can hold you over in the meantime.

There is an Ultimate Way in which to approach the match

BEFORE it begins.

It's beauty is in its simplicity. And its simplicity gives it extraordinary reproducibility and undeniable power.

As I stated, it has produced miraculous results on high level athletes.

If you are a subscriber of *Siddha Performance*, send me an email, and I will be happy to reveal it to you, for that which is casually revealed to the masses falls on deaf ears.

If you are not a member of *Siddha Performance*, sign up below, and THEN send me an email.

As they say, Membership Has Its Privileges.

What Have You Got For Me Today?



A few years ago at a golf tournament I was speaking to a sport psychologist as we watched the match. He was telling me about a PGA Tour player he was coaching. (I cannot reveal the name of the tour player or the coach, so please don't send me an email asking me about this).

He was upset about a question that the tour player had asked him in a recent session. He said that when he arrived to see the player that day, the tour player said, "So what have you got for me today?"

He told me, “What does he want me to do? Pull something out of my pocket and hand it to him?”

I fully understand his frustration. I empathized with him. And we discussed the sheer ridiculousness of such an outlook.

But what I didn't tell him was that it wasn't the tour player's fault.

It was HIS fault that his tour player acted in this way.

How so?

We've all heard of the antics of the spoiled rich kids (before you get any ideas, I'm not talking about tour pros as being rich and spoiled. This has nothing to do with money. That's NOT where I'm going with this. Stay with me.). We've heard of those kids that are given everything. Expensive cars, loose rules, diamond watches, being taught that everything is a handout, not having to experiment and explore their talents in search of a career, all the entitlements.

When someone looks at these spoiled kids, they don't blame the kids. They blame the parents.

The same thing is seen with celebrity socialites. We are

appalled at their actions and we shudder to think what their parents must think. But when the parents are interviewed, they are almost supportive rather than apologetic of their kids' actions. And then the source of the kids' behavior becomes all the more clear.

It's the same way in this entitlement culture in which we live.

It's true that professional athletes have money, extravagant lifestyles, expensive cars, fancy homes, and media attention. **But there is nothing amiss about any of that. For those that provide the athletes with these riches are making even more OFF the athletes's back.**

So, IN NO WAY do I have anything against the athlete's monetary or public success. They deserve every bit of it, and, in fact, even more of it should come their way. (I told you I wasn't going where you thought I was going. You should know by now that all is unpredictable here at *Siddha Performance*).

If a human being does original work that is of benefit to others, he has every right to EVERY PENNY of his earnings. And may his earnings reach the Billions. Kudo's to Tiger in this regard.

But in the world of instruction, it's a whole different story!

The professional athlete has paid his dues and he deserves his fame and monetary success. And this should come his way in spades, through earnings and endorsements.

But as far as instruction, be it from the technical or mental side, PASSIVITY and ENTITLEMENT is a very dangerous game.

While on a certain level, entitlements in the form of money bring freedom. Entitlements in the form of instruction brings slavery!

The professional athlete lives in a culture in which everything is handed to him. And all that is handed to him on a Materialistic level is perfectly acceptable to me. I welcome it by the bucketfull!

But instruction that is handed to him by the bucketfull is frankly destructive!

And, unfortunately, he has become accustomed to this. And it is NOT HIS FAULT!

He lives in the world of quick fixes, and speed dial telephone calls to mental coaches, and “fix me ups,” and “tell me what’s wrong,” and “you need to get over here I’m melting down,” and “give me something for this doc,” and “things aren’t going my way,” and “I can’t catch a break, what I do” . . .

And we have now come to, “What have you got for me today?”

Why WOULDN’T this tour player ask this question. Why WOULDN’T athletes ask all the questions noted above?

IT’S-NOT-THEIR-FAULT!!

The same way that it wasn’t the spoiled rich kids’ fault. The kids were RAISED this way.

And so it is with the modern professional athlete!

Did Ben Hogan have ask for “mental tips”?

Did Lee Trevino or Jack Nicklaus ask sport psychologists to “fix them up?”

Did Peter Forsberg, Borje Salming, or Bobby Orr have

“quick fix mental experts” sitting on the bench ready and waiting?

I do not blame this tour player for asking What Have You Got For Me Today.

For, based upon the type of “mental instruction” that is available to him . . .

Based upon the tips and tricks that have been thrown at him for years . . .

What else is he supposed to ask?

He’s Been Taught To Ask This!

This is precisely the reason why I do interviews before I take someone on as a client. I need to hear their words. I need to feel the sentiments in their words. It is not at all about them being worthy. It’s about them being READY.

Not ready To Do. Or ready to Work.

But ready to Dig. And ready to Understand.

For once the digging and the understanding is underway,

the doing and the working take care of themselves.

And as the player stands digging in a crater three feet
deep . . .

As his shovel reveals greater bits of gold nuggets in the
form of understanding . . .

I walk up to the edge of the crater and I ask him, “What
Have You Got For Me Today?”

On Consulting, Coaching, And The Road To Riches



Dr. Gupta, I have been coaching several different sports for quite a while. I've been around the block. I have many talents and this is why I'm able to teach different sports, from golf to tennis to soccer to rugby and so on. But I've struggled a lot with how to structure my business. Particularly as it relates to my fees. You do things quite a bit different. I've talked to those who've communicated with you and I'm very intrigued. Some guidance please.

Coach, I would first like to congratulate you on your

talents. You must have put considerable effort into developing such skills and, thus, I commend you.

I will begin with this: Pricing is the last consideration. It is the least important. And it will largely take care of itself.

I will explain.

As always, I must be straight to the point. I know not any other way. So I will ask that for the duration of this discourse you please set your ego aside (perhaps I should write this at the beginning of every discourse).

The question that you are asking is not conducive to making a transformative company.

May I suggest a few different questions?

What are you offering that NO ONE else is able to offer?

What are you bringing that no one else can bring?

When you write, do your words merely reach the listener's ears, or do they penetrate his heart?

When you teach, is it simply a dispensation of information?

Or is it engagement of all of the individual's faculties?

Is your work so unique that someone would be willing to board a ship or a plane in the dead of winter if for no other reason than to set his eyes on the man who had spoken such powerful words that they carried the power to pull another man clear across The Mighty Atlantic just to look at him?

And now come the even more difficult questions:

If your client list was full of only those students whose aspirations, inspirations, and motivations were not as inspirational or far-reaching as where you wanted to take them, would you be willing to FIRE EVERY ONE OF THEM!

Would you be willing to serve ONLY THOSE whose aspirations were as inspirational as your own? Even if it meant starving for a few years?

Are you in the game to do something that has never before been done? Or at least be on the path to discover such a motivation?

IF NOT, why do it?

If not, it doesn't matter what you charge. For your fees will be as meager as the motivation that spawned them.

IF YES . . .

If you are uncompromising in your decision to create something REVOLUTIONARY and truly beneficial and wholly practical to those who seek your counsel . . .

If you demand to take on ONLY those clients whose vision is as otherworldly as yours . .

If you refuse to accept anyone whose inspirations do not match your own . . .

If you are willing to hold steadfast to the masterpiece that ONLY YOU can create . . .

The clients will come. And they will come not because you are inexpensive or convenient or nearby.

They will come because you have inspired them. They will come because you have brought tears to their eyes. They will come because they lose themselves in reverie the moment someone mentions your name!

They will come because **THEY KNOW** that what they will learn from you they cannot learn from anyone else.

They will come because you are **ONE OF A KIND**. And because they also feel themselves to be **ONE OF A KIND**, you are really the only one in the entire world who is made for **THEM**.

And when this happens (and it will; it always does), you will be paid handsomely. The money will follow you. As it always follows those who are sincere to their path and have something **TRULY UNIQUE** to offer to the world.

Tony Robbins once mentioned in an interview that he charges **ONE MILLION DOLLARS** for a private consultation. And that interview is over a decade old!

Do you believe this is because he can provide a few bullet point facts about creating success? Or is it because he devoted years of his life pouring his inner most ideals and methodologies and ideas on the page?

Is it because he informed people? Or is it because he inspired them?

Coach, do not begin with what you can get. Begin with
what you can OFFER.

If it is UNIQUE, the clients will come and, believe me, the
riches will follow.

And the riches that YOU pour into the hearts of human
beings, will one day come back to you in spades.

Hard Work Is No Excuse



Siddha Performance is devoted to addressing those issues within human beings that are talked AROUND but rarely talked ABOUT.

Siddha Performance is devoted to fearlessly grasping the raw nerve endings of a human being and stretching them and pulling them so that the human being can finally come face to face with them.

For only if he faces them, can he understand them. And

only if he understand them can he be free of them.

One of these perennial issues . . .

An issue that crosses all boundaries of sports all around the
world . . .

Is this central and recurring issue:

I Work So Hard But I Don't Get Results.

This is an intense and ubiquitous source of frustration for
athletes. And yet it is subjected to the most superficial and
trite of solutions.

Let us address it now. **No Holds Barred!**

I am going to set this issue on its head. In a manner
completely opposite of what you have ever experienced.
These are words that need to be spoken. For they are long
overdue.

For many, many athletes, amateur and professional, Hard
Work Has Become An Excuse For Not Reaching Their Goals!

It is not that they work hard In Order To Succeed.

They work hard In Order To Alleviate The Pain Of Not Having Succeeded!

For many of you, the understanding has already hit home. It has hit you in a place that you felt was secret and unrevealable to the outside world.

A secret that is unrevealable even to the athlete himself.

There are many athletes who Deep Inside Themselves do not believe that they are going to succeed. For various reasons, they feel that they do not have what it takes. Or the prospect of success is so Unbelievable, so Ungraspable, that they cannot accept that they will one day achieve it.

So what do they do?

It is true, that some simply quit the game.

But so many others play a master stroke. An ingenious strategy.

They play a game with themselves that is more sensational than the one they play on the field.

Here is the dirty little secret . . .

Here is the quiet little game . . .

Here is the subtle plan they've concocted in the dark corner
of the back room . . .

Even though deep inside I know I'm not going to make it, I
will STILL Continue To Work Hard. And then when I don't
succeed at achieving my dream, I can say to myself and to my
family and to my coaches and to every man that I meet on the
street, that If I Worked This Hard And I STILL DIDN'T
MAKE IT, then that means that It Just Wasn't Meant To Be.

This is the danger about living according to this new buzz
phrase in the performance community: THE PROCESS.

I understand why this phrase was created. And it was
created for a logical reason. I appreciate this and I understand
this.

BUT, what performance consultants and coaches so often
fail to understand is the ingenuity of human beings and the
subtle powers of the human mind.

The human mind is ingenious for good. But also for Evil.

Remember Lex Luthor?

This is why I hold Steadfast to RESULTS! Because you can't cheat the result.

Your Hard Work has no currency with me. It is Not Accepted Here. Either you will succeed or you will not.

And That Decision, That Feeling, That Knowing, is felt and understood ALL ALONG THE WAY!

Oh glorious human being! Why dost thou play games with thyself?

If you KNOW that you are not going to achieve your dreams, QUIT!

For QUITTING is NO DIFFERENT from playing this clever HARD WORK game that you are playing.

There are No Maybe's. There are No If's. There are No Hope's.

Either You Will or You Will Not.

Or as Gordon Gecko so correctly said, Either You Are On
The Inside Or You Are Outside!

I do not seek to motivate you. I am NOT asking you to
TELL YOURSELF these things. I care NOT about what you
say to yourself.

I care only about what YOUR SELF says to YOU!

What you KNOW in the marrow of your bones will be your
destiny.

What you say on the tips of your lips will be your excuses.

I have called you out. Your secret is no longer safe. I have
stripped away your PROCESS. I have revealed your
innermost secret to the entire world.

Shamelessly. Unscrupulously. Without Mercy Or
Compassion!

What is YOUR RESULT going to look like?

Why are you here?

I don't care if you Work Hard. You can spend the day

sipping tea from a frosted glass whilst lounging on your recliner. But if YOU KNOW what your future looks like, it will happen for you.

Let's leave The Process and finally create THE RESULT.

Let's abandon The Talk and Create Some Action.

Lets' kill The Hope and Create Some Certainty.

For unless you do, you will continue to play this ingenious little game of failure. This game of a Slow Death.

Whether you decide one way or another. Decide Out Loud.
Once and for all.

So The Real Work and The Real Game . . .

Can Finally Begin.

How Do I Get A Student To Change?



A coach corrects an obvious flaw such as terrible weight shift and the player hits it much better in the lesson. But when they return, they are closer to the original swing they

possessed as it was “more comfortable”. Does this represent an unwillingness to experiment on their part or a lack of appropriate communication from the pro?

It is extremely easy to fall prey to assumptions. Because sometimes those assumptions are so seemingly obvious, how could you possibly question it?

You are asking your question from the standpoint of step 5. Let's back up to step 1 for a moment, shall we?

In helping someone make a change, you are assuming that they indeed wish to change. **You are assuming that their desire to change themselves is at least equivalent to your desire to change them.** This is a massive assumption.

You might logically argue that if they didn't want to change, why would they come to you for a lesson in the first place? But if it were true that most people who come for lessons wish to change, the majority of them would, in fact, change.

But the truth is, the majority of them DON'T CHANGE.

People do not necessarily come for a lesson to change. They may come because they have been pressured to come.

They may come because they want you to “just have a look.” They may come because they want you to tell them how nice their technique looks. They may come because they think it’s “cool” to go for a lesson by a teaching pro. They may come because they hope that you could give them a very quick fix that will cure all their ills.

This happens often with professional athletes. They will sometimes seek private coaching because they feel the need to “have a coach.” Or because they feel that “it’s the thing to do.” Or because they wish to have someone cheering for them.

The motivations of the student are rarely equal to those of the instructor.

Change is a cornerstone of nature. But it is rare when it comes to human beings.

When the student feels THE NEED to change, he will change. And not one moment sooner.

When he feels the need to change, he will come to the lesson as a CHANGEABLE student.

When he feels the need to change, his investment in his

own change will far exceed your investment in his change.

There is an enormously reflexive jump toward biologic, behavioral, and scientific explanations for why people don't change. Brain rewiring, and myelination, and modifications of motor patterns.

If someone is looking in such places for why people don't change, they're looking in the wrong place.

Do you truly believe that it's the "myelination" or the "motor pattern" that control the student's change?

Or do you believe that it's the student's sincere NEED and WILL TO CHANGE that controls the myelination and motor patterns?

For once the NEED AND WILL TO CHANGE is present, the myelination and motor patterns will function of their own accord. And if they function of their own accord, why does the student need to bother with them at all?

The student's relationship is NOT with his myelination and his motor patterns. The student's relationship is with his TRUE MOTIVATION.

The nature of his true motivation will determine the nature of his “change.”

It is imperative to understand that human beings have various needs that they wish to have addressed. And those needs are often far more opaque than the methodologies they use to address them.

Change is a cornerstone of nature. But it is rare when it comes to human beings.

When the student feels THE NEED to change, he will change. And not one moment sooner.

When he feels the need to change, he will come to the lesson as a CHANGEABLE student.

When he feels the need to change, his investment in his own change will far exceed your investment in his change.

There is an enormously reflexive jump into the coming up with biologic, behavioral, and scientific explanations for why people don't change. Brain rewiring, and myelination, and modifications of motor patterns.

If someone is looking here for why people don't change,

they're looking in the wrong place.

Do you truly believe that it's the "myelination" or the "motor pattern" that control the student's change?

Or do you believe that it's the student's sincere NEED and WILL TO CHANGE that controls the myelination and motor patterns?

For once the NEED AND WILL TO CHANGE is present, the myelination and motor patterns will do their thing of their own accord. And if they do their thing of their own accord, why does the student need to bother with them at all?

The student's relationship is NOT with his myelination and his motor patterns. **The student's relationship is with his TRUE MOTIVATION.**

The nature of his true motivation will determine the nature of his "change."

Jeremy Jones: Into The Wilderness



After decades of elite-level snowboarding, Jeremy Jones said in an interview: “The real snowboarding for me started five years ago, when I started hiking stuff.”

I will explain what he means by this with another one of Jones’ comments. He was once flying in a helicopter looking for a good mountain peak to tackle. He found one and he asked the helicopter pilot to drop him in a certain high-altitude location. To which the helicopter pilot replied, “We can’t go

there.”

Jones then set off on a journey which elevated the status of his craft. And made him the greatest big mountain free-rider in history.

Because helicopters could not take him to the remote and isolated locations that captured his imagination, he decided to tackle them ON FOOT. Spending days climbing the mountains one step at a time.

In order to do this, he had to acquire the skill of a world-class mountaineer. Learn to acclimatize himself to the various remote locals. And learn the nuances of avalanche dynamics.

Jones left behind the world of tournaments, racing, medals, and competitive glory for one which took him into the heart of his craft.

And it is this more than anything else that inspired me most.

Jones took his skill and and used it as a vehicle of exploration of the fundamental nature of his craft and the depths of his very own self. From a logistical standpoint it was far more complex. But from an artistic standpoint it was

as simple as it gets.

Immersing himself in the love of his art and taking it to heights never before seen. Not for the accolades or the awards. Not for the fame or the glory. But simply for the love of his art.

Learning is at the heart of all great men. It is valued and cherished.

For the true seeker, starting from scratch is not a start from the bottom. But a start from the center.

And from this center, Jones had the distinct privilege of learning about mountaineering and avalanche dynamics and so many other things which served a supportive role of his art.

It is the simplicity, the adventure, and the sincerity that attracts me to Jones' story. I will forever feel a deep kinship with such men, who do not hesitate to stray from the relative toward the absolute.

Modern athletics has in many ways become a plastic existence. The universe shrinks into an arena or field-sized cubicle. And the events that occur within this cubicle are magnified well beyond proportion. The real world, the grand

existence that lies outside its walls lies unexplored.

Sport often succumbs to trivial competitions.

Skill succumbs to meaningless rivalry.

The wayward bounce of a ball or the second hands of a clock become the tune to which the athlete's heart dances.

Success is measured in victories and conquests.

But the real conquest, the true victory lies wholly unexplored. The exploration of one's craft BEYOND THE CONFINES OF ITS TRADITIONAL VENUE.

A search of grand discovery of one's true art beyond the point which helicopters can reach and audiences can see.

A journey into the heart of a man's passion for the fundamentals of his craft. And his development of his craft to dimensions never before witnessed.

Is this sort of learning, exploration, and artistry not the true value of one's skill?

Is it not this shade of art, rather than the ones in the sports

pages, that inspires the hearts of human beings?

Jeremy Jones and his story strikes me dead in the heart, as
does all great art.

For his work is far from the entertainment that has become
modern sport.

His dedication to his craft holds the power to spawn the
artist in all of us.

And the wilderness that he has discovered compels us to
find the one we have forever ignored.

Jeremy Jones Interview: [http://
snowboarding.transworld.net/videos/jeremy-jones-60-
minutes/](http://snowboarding.transworld.net/videos/jeremy-jones-60-minutes/)

Six Is Not Equal To Half A Dozen



Dr. Gupta, as you know we worked together about six months ago. It was wonderful to bring you out to Geneva, a few of the travel complications notwithstanding. The thing I most enjoyed during our consultation sessions was the talking and the understanding about where I feel that I stand in my professional career. I have been a sportsman for many years and even at this elite level I have never been confronted with the issues that you encouraged me to confront. I must say that you are a very dangerous man. Because you compelled me to

look at a part of my “athletic existence” that I have always avoided in exchange for the X’s and the O’s. And it was this eye-opening experience which, in an indirect sort of way, served me in my professional trade all the more. Was it because you thought this was what I needed, or is this what every athlete needs?

It was indeed a wonderful experience in serenity visiting your supremely beautiful country. It provided a symbolic backdrop for the journey that you and I embarked upon.

Was my approach unique to you, or is it universal? This is your question.

Please understand this point: **In any profession, in any land, with any human being, SIX IS NEVER EQUAL TO HALF A DOZEN.**

For any given concept, you can tell an athlete “half a dozen” for twenty years and he won’t understand what you are talking about. Then one day, almost by accident, you say SIX and he says, “well, why didn’t you just say so?”

For another, it will be 8 Minus 2. For yet another, it will be 10 Minus 4. **Though they may be equal mathematically, human beings seem to respond to an unscientific sort of**

science.

This is because each human being is to some degree a product of his experiences. A product of what he has heard and what he has decided to listen to. A product of that which he holds dear and that which has no significance to him.

On the surface, things seem symmetric. But nothing is symmetric in the lives of human beings. Their balance lies in a stability of lopsidedness. And it is this that must be understood and embraced when working with them.

I did not approach you as a problem in need of fixing. For if I had I would have robbed you of the opportunity to explore the fundamental nature of the issues you were facing. And the issues you were facing in your performance were actually not performance-related. For the longest time you were told that they were performance-related.

But what athletes experience in their high-pressure environments is rarely related to performance. Indeed it **MANIFESTS** in their performance. But the cause lies in something much deeper. Something that is much more in line with their being a human being than an “athlete.”

We will meet again in a few months as we discussed and I

promise you this: The questions that you have during that consultation will be very different. Because they will arise from a more evolved understanding about your own situation.

And the better your questions become, the less you will eventually need me. **For your discovery will gradually return you to yourself.**

And in the end, is this not what every athlete longs for, whether he realizes it or not?

For this is THE ONLY place from which he can truly create his masterpiece.

The Mountaineer Who Could Not Die



In the winter of 2013, I received a phone call from a client of mine who was an expert climber. He asked if I would help a friend of his cousin who was a fairly accomplished mountaineer.

After researching this mountaineer, he was more than just fairly accomplished. He had quite a glowing resume of having climbed many of the peaks of North America and some of the more remote peaks in India and Nepal. During the screening interview, he told me that Everest was on his list, but at the time, the funding, and the training were things that still

needed to be settled.

He was traveling through Western Canada when he contacted me. And he felt he needed to take a long hiatus from climbing. This hiatus was not because he was tired or burned out. It was because he felt a degree of “incapacitation,” as he called it.

He said that he had been climbing for much of his adult life. He explained that he had lived through various hardships with aplomb over the years. From minus 30 degree temperatures, to technical rope-related issues, altitude sickness, and so on. But these were always part of the territory.

Lately, however, he was facing a fear of death. He said that he had always been cognizant of death but he had never feared it. If he feared anything it was falling into a deep crevasse with no way out. Or becoming so severely injured that he could not climb again. But death was never a real fear.

Until now.

He said that he could not identify from where this fear came. There really had not been any great catastrophes in his immediate surroundings that he could point to. But it was a

fear that had just steadily grown within him over the recent months.

I took him on as a client and we began working together. The environment in which he operated was very important (as it usually is with high performance athletes) and so he brought me out to Canada and we spent a few days doing some very light hiking in the mountains of Canmore.

We sat in an open area overlooking the magnificent vista of the Canadian Rockies. He said that it was the “color” of the mountains that gave him a certain feeling of attraction to this place.

He asked me what he should do about his fear of death. He asked me how he could get over this incapacitation that it had created within him.

Here is an excerpt from the conversation.

“What’s wrong with dying?” I said.

He started to laugh.

I asked him why he was laughing, and he pointed his finger at me and said, “I was warned about you.”

“What do you mean?” I said.

“I was warned that you had a reputation of coming out of ‘left field’,” he said.

I smiled and I told him this was a charge that I could not deny.

I asked him again. “Tell me, what’s wrong with dying?”

“I guess when it’s our time, it’s our time, right?” he said.

“You’re evading the question, my friend.”

“What’s wrong with dying? I don’t know. But it’s killing my work on the mountain, you know?”

“I completely understand. But what is it about dying that’s killing your work?”

“I don’t even know. I’ve never considered it.”

“Let’s consider it now, then.” I said.

“Who wants to die?” he said.

“Do you have a fatal illness?”

“What do you mean?”

“I mean do you have some incurable disease?”

“Yes. Mountaineering!”

I laughed.

“Tell me. Are you sick?” I said.

“No. I’m not sick or anything like that.”

“Then that means that there is no ‘medical reason’ that is going to make you die soon, right?”

“Right.”

“Okay, so we’re not dealing with death itself. We’re just dealing with it’s possibility.” I said.

“That’s right,” he said.

“But this possibility is always with us. No matter who we

are or what we do. So this is nothing new. Why do you think it is NEW for you NOW?”

“Like I said, Doc. It just came out of nowhere.”

I was silent for a few moments. Then I asked him this, “When your day comes, where do you think it will happen?”

“You mean where will I die?”

“Yes.”

“Probably on an expedition.”

“If you had your choice, is that where you would PREFER for death to come to you?”

He thought about it for a few moments. And then he looked at me. And quietly, he said, “Yes.”

“And you have mentioned to me several times before that there are several peaks around the world that you feel you MUST summit, right?”

“Absolutely,” he said.

“And each of those climbs will have risk, won’t they?”

“Risk? Risk is everywhere in my profession, Doc. Every step of the way?”

“Doesn’t risk bother you?” I said.

“If risk bothers you, don’t be a mountaineer,” he said.

“Precisely,” I said.

“But risk isn’t what bothers me. It’s always been with me. It’s death that bothers me. Why, all of a sudden, is it with me?”

“You’re asking the wrong question, friend.”

“What do you mean?” he said.

“Risk IS death. And death has always been with you. The question is NOT why is death, all of a sudden, with you. But why is death, all of a sudden, separate from you?”

“Separate from me?”

“Yes. If something is with you and a part of you, you don’t

question it or contemplate it. It is only when it is separate from you that you begin to contemplate it. And the moment you begin to contemplate it, you begin to fear it.”

This last statement did it for him. I needed no explanations.

I could see it in his eyes.

The Real Truth About Man And His Destiny



As a human being goes through life he is subject to many influences. He hears many things about what he will and will not be. He hears many things about what is possible for him and what is not.

He is bombarded on one side by those who say that talent dictates a man's destiny. And on the other side by those who

say that hard work is the key. And then from those who say it is a combination of talent and hard work.

Man has a habit of losing himself in the dialogues in order to avoid his personal truths.

To understand the glory of man is to understand that every possibility is available to him. But I will never allow this current conversation to degrade into me telling you that “you can make it!”

That is just silliness. For as soon as I say that, I’ve entered into the world of pop psychology which has not the power to satisfy the true needs of the serious man.

There are possibilities before you. There are visions of what might happen and what might not. There are dreams that make you smile. And nightmares that make you frightened.

There are days you feel invincible. And days you feel destitute.

Such things are moods of the mind. They have no basis in reality.

I will tell you this: As long as something is a possibility, it will forever remain only a possibility. Could the possibility

become reality? Certainly. But even if it becomes reality, the next possibility may not. And your “luck” will eventually run out.

It is not really a question of hard work. Or of diligence. Or commitment. Or striving. Or grinding. Or dreaming. Or hoping.

It is a question of **Knowing**.

Let's move beyond all the noise and the small talk, shall we?

This is eternally what I'm about. This is what I've always been about: THE TRUTH!

And the truth is, when the alternative is no longer a possibility, all the “hard work” and the “commitment” will come of its own accord. And it will come in waves.

The truth is that when you have decided to become what you wish to become, you will become it. And there is simply no force in the world that can stop a man thus possessed.

P-L-E-A-S-E don't think that I'm trying to “motivate” you. To motivate you would be to come from a place of falsehood

and artificiality.

I am telling you that this is the way it has always been. And
this is the way it is now.

At Siddha Performance I work only with those individuals
whose visions I am inspired by. Life is too short to do
otherwise.

And to travel literally around the globe to work with clients
who HAVE DECIDED puts a smile on my face. We are
comrades in arms. And my heart jumps to contribute to their
ultimate success. But they are the primary force. I serve as
only a catalyst.

If your life can go either way, you will forever live on the
edge of possibility.

If your life is determined by you, you will forever live
within certainty.

I am often asked “Is it possible to live like this?”

To which I respond: “What does possibility have to do with
it? If you are going to live like this, you will. If you are not,
you won’t.”

Yes, I could spend four chapters talking about how the mind manifests reality and explain the physiologic changes in the body and delve into how belief systems shape one's perceptions.

But let's stick with the punchline. Let's keep it very, very simple.

Whatever is your decision ABOUT your life will be the decision that GUIDES your life.

Whether you believe it nor not, your life is a blank check.
And you can fill in the number.

And if the number that you fill in does not make you shake,
it's not high enough.

And believe me when I say, that the clients that I take on are the ones who shake so bad that there is a slight quiver in their voice.

And it warms my heart when I hear it. For I know FOR A FACT that we will succeed before we've even begun.

The Inferno Illuminates The Path



I “caddied” for my ten-year old son in his golf tournament this past weekend. I use the word “caddie” loosely, for my way is not to instruct but rather to accompany.

And my way is also to watch the impending disasters on the horizon and refrain from sounding any sort of warning cry.

Human beings learn through experience rather than words. The more words they hear the more they come to rely upon them. The more experiences they have the more they come to learn from them.

There have been literally dozens of times that I’ve told the boys that I saw the disaster coming from far away. And when

they ask me why I didn't tell them, my way is to ask them
why they didn't see it.

There is a beautiful scene from the magnificent *Kung Fu* series of decades ago in which the blind Master Po is speaking to his student whom he affectionately calls Grasshopper.

Master Po asks Grasshopper "Do you hear the grasshopper sitting at your feet?" Grasshopper looks down and sees the grasshopper.

The student replies, "Old man, how is it that you hear such a thing?"

To which the wise old master replies, "Young man, how is it that you do not?"

Yesterday, my son posted an even par 72 and we went into the clubhouse. We were informed that a child in the last group made a 20-foot putt to tie him.

We were headed for a two-man playoff.

My son was very excited.

We headed out to the first tee. The gallery had gathered

along the first fairway. And both of them slammed their tee shots toward the green.

Winning and losing was of little concern to me. And my son is freedom personified. He is all systems go, all the time.

But an interesting thing happened. I felt the mind appear within me. And I watched it appear. I felt it shake my fingers and manufacture thoughts and images of possible scenarios. I felt it tap me on the shoulder in order to make me aware of its arrival.

It was wonderful to see its crazed and frenzied ways. I smiled. And I made no attempt to rid myself of it.

It did not have the power of affecting my behavior. Or my decisions. Or my words. Or my rapport with my son.

My son had a 9-iron to an elevated green and a front pin on an upward slope. The pin was about 15 feet from the left edge of the green. With deep bunkers on the left.

He hit his shot, a slight fade. It landed fairly close to the pin but the slope took it down the hill to about 15-20 feet away.

Both of them made Par.

They returned to the tee box and played the hole again. This time I spoke one of my VERY rare pieces “advice.” He had an 8-iron. I told him to hit the ball LEFT of the flag, between the flagstick and the bunker just left of it.

He did so. Downhill putt. Slightly short. Both of them tapped in for Par.

This happened again on the third play, as both tapped in for Par.

The sudden death playoff entered its fourth round.

And the mind returned. It grew bigger and more forceful.
And I watched it and smiled.

My son felt no effects. This was very plain to see.

In the end it came down to him facing a downhill 5-6 footer for the win.

The mind had attempted to take me into it. To swallow me. To consume me within its fury. I questioned its source. Which outlook was it that had spawned it?

Why had it come chasing me?

I must say that I felt a deep need to sift through my being in search of the culprit. I had no intention to stop it. But I must find its source.

The more I have explored this, the more I have come to see that the cataclysm and the firestorm that is the mind is precisely the path we must traverse.

When a rocket makes its ascent toward the stars, it passes through the atmosphere. This is a violent and cataclysmic journey. But once it makes it through this atmosphere, it soon gets through the resistance and enters into an otherworldly silence.

It arrives into quiet and expansive SPACE. It is within this quiet, this place of profound peace, that ultimate creativity, masterful performance, and The Truth is found.

But if one attempts to short circuit, or attenuate the mind. Or trick, or remedy, or technique, or “tough” his way through the mind, he receives the very worst of both worlds.

Infernos are not always to be extinguished.

For very often, they light the way.

And it is only a certain breed of man who chooses to pass
through it.

What Every Human Being Craves



I get many emails from people around the globe who wish to consult with me about helping them create success in their life. I must say that this is such a ubiquitous and pervasive issue in my consultancy that if I published ten articles per day for the next twenty years on this issue alone, it would perhaps still not be enough.

Moving mountains is simple. Moving human beings is not.

Forget about YOUR SUCCESS for a moment. Forget about what you can offer. Forget about what you can receive. Forget

about being better than your “competition.” Forget about what the business gurus say. Forget about what the self-help books teach you. Forget about what you’ve heard from the motivational speakers.

Otherworldly success comes down to a few simple things.

This is one of them:

Do you have the ability to move people?

Not to sell to them or convince them or coax them or get them to “buy” or subscribe or any of that (there is so much conditioning going on, I must bring you back to simplicity).

Do you have the ability to MOVE PEOPLE.

Have you created something, be it words or music or a service or a product, which they cannot stop thinking about?

Companies are caught in a worldwide race to make things cheaper and more convenient and user friendly for people. And such things do bring in revenue and it can put some companies on the map.

But this is not what I’m talking about. I don’t care about

any of that.

Why?

The world is more comfortable than ever. Is it more joyful
than ever?

The world is more convenient than ever. Is it more
emotionally satisfied than ever?

You see, comfort and convenience and entertainment are
the things that people use as surrogates for joy. They use these
things in order to fill a hole within themselves.

**What human beings want is to be moved. They want to
be uplifted into the stratosphere with such an inspirational
high that all the gravity in the universe has not the power
to bring them down.**

It matters not if they come to me in the form of an athlete or
an executive or a celebrity. They all hunger for the same
fundamental things. Regardless of the cloak of their
profession, they are human beings.

They are human beings hungry for inspiration.

They are hungry to be shaken from their routine of life and given a new possibility.

They are hungry to embark upon a new journey that brings with it an entirely new physiology.

They are hungry to be more than they have become. And far more than they have been told they can become.

And when they find someone who can help them onto this path, they love him forever.

When they find someone who stops insulting their bountiful potential and their glorious possibility with trite aphorisms and motivational rah-rah speeches whose effects barely lasts beyond the parking lot, they run after him.

When they find someone who through the depths of his words and sentiments respects and understands the power and the talent within them, their heart connects with him.

And when they find someone who detects the sincerity of their search and the inevitability of their success, they will swim across the Atlantic for the opportunity to work with him.

Why?

Because instead of trivializing them with petty catch phrases and self-help jargon, you've touched them.

Because you are the person who finally understands their quest. And you've respected it, instead of diminishing it.

Because you are the one they have been waiting for all their life. And they did not know if you existed. But now that they do, they cannot rest until they work with you.

Human beings are not hungry for comfort.

They are hungry for inspiration.

They are hungry to be accepted.

They are hungry to be valued.

And if you can inspire them thus, they will beat down the door to work with you.

Why?

Because deep within them they realize that in this vast world of cities and nations, there are but a few people like this

that currently walk the earth.

Does Your Craft Give You A Living? Or Does It Give You LIFE?



The more I travel and the deeper I explore with clients the roots of their passion, the source of their shortcomings, and the bounty of their skill, the more and more I am becoming convinced that this really goes well beyond performance.

And for a given individual, if the level at which he performs on a given day is his holy grail, this is really a meager perspective.

I've said it many times before and I am sure to repeat it again: Although the word "performance" is a part of my

company's name, it is really not just about performance. But, as always, since language only gives me a few words from which to choose the choice will be limited and slightly off-center.

It really isn't about "performance." For performance is a sort of transaction. "If I do this and this, then my result will improve."

But modifying behaviors in exchange for an incremental bump in performance is really scraping the bottom of the barrel. Some days you will feel happy because you "performed" well. Other days you will feel disappointed because you "performed" not as well.

I understand that incremental changes in performance can result in bigger "pay days" in sport. But to approach things in such a meager and narrow-sighted fashion is not so much a big "pay day" in the bank as much as it is searching for loose change in the crevices of the sofa.

What I am speaking of is an INSPIRATIONAL outlook on life. To view one's craft as an ADVENTURE TO THE GREATEST HEIGHTS.

To achieve UNBRIDLED MASTERY!

To look at your sport and your craft in a way that no sportsman has ever looked at it.

To achieve the IMPOSSIBLE!

To have a vision that makes people ridicule you. And if they don't ridicule you, your vision is too weak.

To break EVERY SINGLE RULE THERE IS!

To discover and search and explore what is TRULY POSSIBLE. Not "the best you can be." But the best that no one has ever even dared to dream about becoming!

Not so you can hold the biggest trophy. But so you can break the mold that every one of your contemporaries work so hard to stay within.

It's beyond trophies. It's beyond the money. It's beyond the pennants and the banners and the medals.

It's not about the applause on the course or in the arena. It's about the silence in those places where no man has ever dared to tread.

It's not about you making a living from your craft.

It's about your craft GIVING YOU LIFE!

Whether you have golf courses to tame, mountains to climb, or goals to score, it's about being in YOUR OWN WORLD. Your own land of discovery. A land in which adventure is the order of the day. And an incremental monitoring of "performance" in order to feel good about yourself is FOR WIMPS!

It's about willing to shoot 103 as you forge your path through uncharted territory as you explore ways to consistently hole out from the fairway!

It's about willing to go into a season-long slump and be demoted to the minors while you design your own personal system of striking fear in the goaltender's spleen when he sees you, allowing you to score 300 goals in a season!

Burn those spreadsheets!

Fire your "statistician."

Play outside the lines!

Free wheel!

Dare!

Create!

Why live like a peasant when you can live like a PRINCE!

One day you are going to die. THIS I CAN ASSURE YOU!
And on your death bed, are you going to boast about how
beautifully you painted within the lines?

Are you going to boast about how you were the perfect
“ROLE PLAYER?”

Are you going to brag about how you listened to every
single word the coach said, even if it kept your talent confined
to a tightly-sealed bottle?

Or are you going to be INSPIRED by the way you lived
your life?

Are you going to marvel at the path that you took?

Are you going to be proud of your ALLEGIANCE to your
own personal creativity and the consequences-be-damned

approach to your life and your craft!

People applaud because they are mildly appreciative.

For the ones who risk every inch of their humanity, people do not applaud. They jump from the rafters! For they feel inspired to risk their humanity as they are spellbound by watching you risk yours.

If the manner in which you approach your sport doesn't make you LEAP out of bed in the morning, why bother to get up at all? For sleeping in bed is far more comfortable than sleeping on the job.

We already have so many SLEEPY people in the world. People who are content with big paychecks and championship rings and a few minutes on the podium.

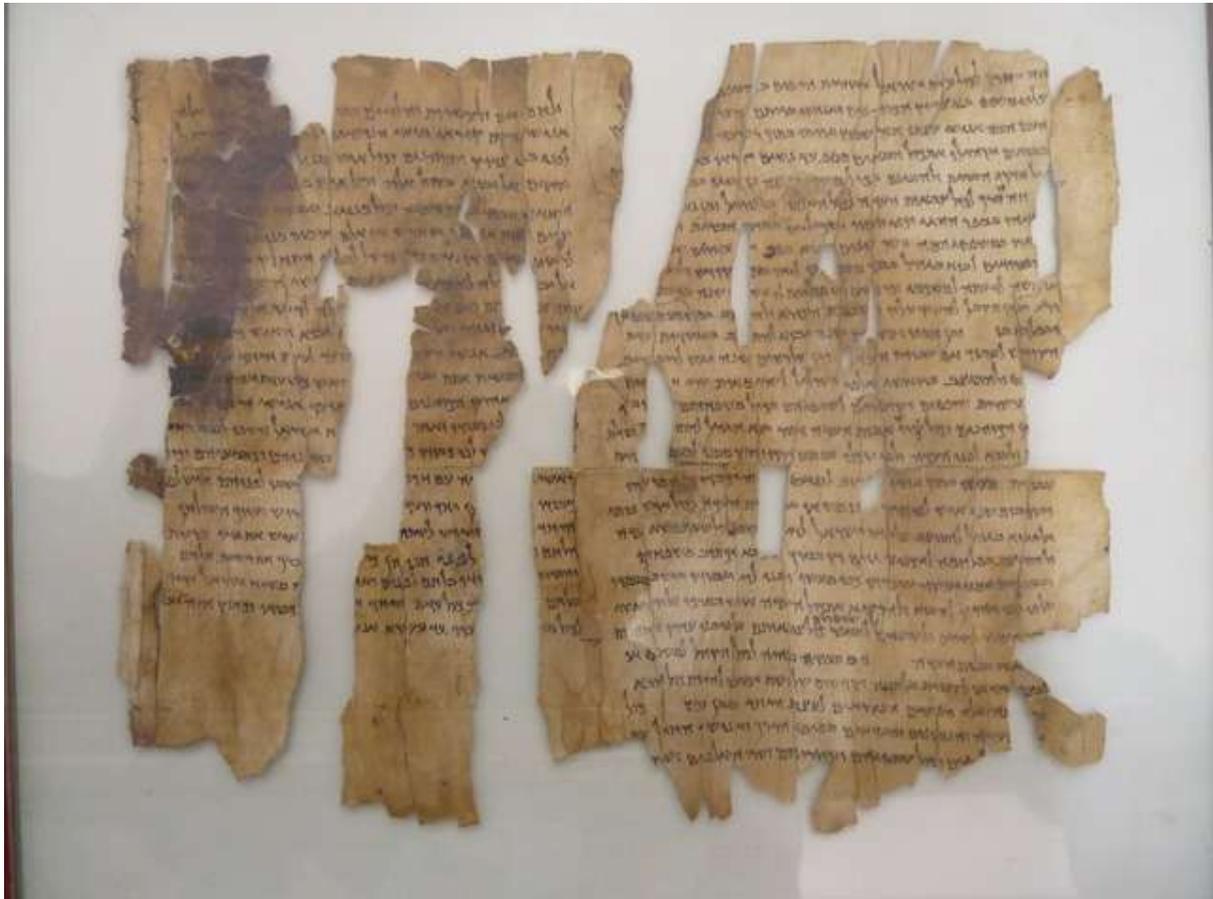
The world is a big place. And so is your heart. Why not explore it? Why not drop this idea of incremental performance improvements and chase the DREAM OF DREAMS?

Why not BREAK YOUR SPORT WIDE OPEN.

So that when your final day comes, you can look back upon your life.

And Smile.

The Surest Way To Destroy A Teaching Is To Teach It



Every coach in the world can relate to the following scenario:

He has an important message to give to his student. He **KNOWS** that it will change the student's game. It will make his technique soar within minutes.

He feels that as soon as he tells the student this great message, this supremely valuable piece of information, the student will run and give him a hug and proclaim to the world that he is the best coach the world has ever seen.

The coach is sure that the student's eyes will light up. And twelve light bulbs will go off at the same time.

So he goes to the student and, after an obligatory pause, he releases to the student his priceless jewel.

And the student barely even hears him.

The student is looking this way or that. Or he looks puzzled. Or he says that he already knew that.

And after this monumentally deflating experience, the coach finds himself having to EXPLAIN the nuts and bolts behind what he felt was a self-explanatory gem of information.

And as time goes on, this priceless jewel devolves into a phrase that is repeated a thousand times over for the next three and a half years.

And after those three and a half years, the student comes to the coach and speaks this VERY SAME jewel of information, AS IF HE HIMSELF HAD JUST DISCOVERED IT!

Such are the occupational hazards of being a coach.

Where did this coach go wrong?

It wasn't that he went "WRONG." He simply didn't understand human nature, particularly as it relates to teachers and students.

If you are a speaker, the speeches that you believe to be your best will not garner applause. And the ones that you believe to

be average at best, will routinely garner applause.

The same goes for writing, acting, parenting, coaching, and everything else.

That which a coach believes to be the most priceless bit of information will ALMOST CERTAINLY fall on deaf ears.

And that which he says in passing whilst he runs off for a bathroom break will INDEED be remembered.

If any human being becomes a coach in order to have his ego stroked, he is almost certain to die a terrible death!

How could this coach have handled the situation differently? That is to say, what could he have done in order to impart this valuable information to the student?

First this coach needed to understand that THE TRUTH means more to him than it does to the student. The student is far more interested in HIS OWN TRUTH, than THE TRUTH.

This coach also needed to understand that if valuable information is verbally released onto the student, it will likely not make it through the mental distractions and chatter that the student is experiencing all the time.

He also needed to understand that though he may have been poised and excited to TELL IT, the student was not necessarily poised and excited to HEAR IT.

It is not that the student is necessarily a bad student or that he

is not interested in learning. It is just that the student is ACCUSTOMED TO LIVING IN THE WORLD OF A STUDENT. He has heard so many seemingly “important” things in his lifetime that he considers every message as just another message.

This is the natural consequence of living in a society in which Prescriptions, Tips, Instructions, and Recipes are the order of the day. It is a “crying wolf” scenario taken to the very extreme.

If this coach TRULY NEEDED this student to imbibe this piece of information, THE LAST THING he should have done was to TEACH IT TO HIM.

What?

Yes, you heard me correctly.

Most of that which is released from the mouth bypasses the ear.

The coach’s task is much more strategic and delicate than he thinks. If the coach has a piece of information that he needs for the student to learn, he will be better served to do the following:

He must deftly create a very loose, yet strategic path which leads the student in a certain direction. And in walking this path, the student will find the pot of gold at the end of it. And when he sees the pot of gold, he will see it, feel it, touch it, and appreciate it.

And as a result, he will NOT NEED TO HEAR IT!

How To Truly Help A Human Being: The Siddha Performance Way



When I am asked what it is that I do, what I am essentially
being asked for is My Title.

The truth is, I never really know how to respond to this
question.

For there is no such title that accurately describes what I do.

If I may be completely honest with you, I don't know what I do. And I certainly don't know HOW I do it.

Much of what comes to me COMES THROUGH ME rather than FROM ME. And perhaps the reason it comes THROUGH ME is because once a man is completely available to his ART, he becomes receptive to the subtle messages that float through the universe that surrounds him.

I have thrown away all my business cards.

And I have no "Shingle" to speak of.

I accept very few of the consultation requests that I receive. And those that I do accept, I enter into the relationship as a human being free of preconceptions.

This allows me to be AVAILABLE to the complexities and the needs of the client before me.

The fruit that blossoms on a tree comes not from the branch but from the root. No matter how much you modify or manipulate the blossoming fruit today, the very same fruit will blossom tomorrow.

It is the same with behavior. The performance community

centers their entire approach around behavior modification.

But behavior is like the fruit that blossoms. It is only to be recognized. Not modified.

The way in which to help a human being is not through his
“behavior.”

The way in which to help a human being is not through his
“performance.”

The way in which to help a human being is not through his
“statistics.”

For all of these things are mere side effects. And to address side effects is to leave the problem untouched. And this is the reason that it so often returns.

**The way in which to help a human being is through his
ESSENCE.**

There is something within a human being that contributes to his behavior, his outlook, his perceptions, his emotions, and as a result, his “performance.”

The way in which to best help him is to address and explore

this NUCLEUS, this ROOT, this SPIRIT, this ESSENCE of
his fundamental constitution.

It is this essence which is responsible for how he feels and
what he sees and how he sees.

It is THIS that is at the core of his potential.

It is THIS that takes him to the pinnacle of his craft.

And it is THIS that both he and his advisors have
neglected for his entire career.

This World No Longer Interests Me



Sometime back I was contacted by a sailor from Northern California. We exchanged a succession of emails about who he was and what his true purpose was for seeking my help.

At first he was very vague. I would ask him pointed questions and he would reply with half-baked answers. I wasn't keen on taking him on.

A few weeks passed.

One evening I received a lengthy email from him. He explained that he wanted to live a life completely alone, sailing the oceans of the world. He said that he no longer wanted any contact with the “terrestrial world,” as he called it.

This struck me deeply. I was very intrigued.

I agreed to accept him as a client and I flew out to meet him in Northern California.

He was a middle-aged man, very well off, but quite Spartan in manner and attire. His house backed up to the Pacific. When I walked onto his veranda I remember almost feeling wet because the ocean was so vast and immediate I felt as if I'd almost jumped into it.

He even commented to me, saying “It makes you feel like you can take one step and board the yacht right from this spot, doesn't it?”

We talked for a long time. He didn't need help with his performance or any achievement-associated goals. He said that it was primarily my KapilGuptaMD.com site that had inspired him to contact me.

I explored with him what he meant by his statements in the email and he paused for a while.

Here is a snippet of the conversation:

“You want to buy this house, Doc? I’ll give you a really good deal,” he said.

“It’s a gorgeous house. Why are you selling it?”

“Because it sits on firm land,” he said with a slight laugh.

“I don’t understand.”

“I’ve decided that I don’t want this anymore.”

“You have a life that most people would die for,” I said.

And just after I made this statement, I thought to myself how much of a pattern it had become in my experience to discover that supreme wealth is so very often associated with the very things that most of us wouldn’t imagine.

It is so often the case that the super-wealthy have the problems of the super-common.

The mind indeed spares no one.

Back to the conversation . . .

He leaned into me and said, “It’s not just that I no longer I want this life. I no longer want this world, Doc.”

“Why not?” I asked.

“I’ve struggled with these things for a long time, Doc. There’s just nothing left for me here. This world is full of things that don’t interest me. And it goes in a direction that has nothing to do with me.”

This one statement is what led me to share with you this experience of this beautiful consultation with this incredible client.

Why?

Because sometimes in life a man says something or writes something, and it goes straight to your heart. You feel like the man must be your long lost brother. You begin to wonder if he’s playing games with you by having read your thoughts.

Who I take on has a lot to do with intuition. This man had

struck something inside me. And when he made this statement, I felt like giving him a hug. Because I so completely resonated with it.

“So you want to live on the oceans, forever?” I said.

“Until my dying day. I want to cast off and never return. I will, of course, dock at various ports for a rest and supplies every now and then. But I want to—actually, check that. I’m GOING TO say goodbye to this world.”

“Why did you hire me, friend? How do you want me to help you?”

“I’ll tell you,” he said. “When I’m alone in the seas, my mind gets to me. Even though I may have decided to leave the world, my mind will not. I’ve lived with it for long enough to know. It’s going to torment me over this decision. It’s going to try to make me second-guess myself. It’s going to make me turn back toward shore. It often bothers me when I’m alone at sea. And I want you to help me with this.”

We spent the next three days discussing the mind and how it is born and what excites it and how it works and where it travels.

Among many other things, I told him this: “You are actually in an easier position than most.”

“How so?” he asked.

“Because you’ve decided,” I said.

“What do you mean?”

“The magnitude and the resolve of your decision is so incredible that the mind will eventually fade away from you.”

“How do you know, Doc?”

“The mind is a sticky sort of force. It attaches to everything that you hold important. It sticks to the walls and the ceilings of your life. But you having abandoned the walls and the ceilings of your life and your world and everything in between. As a result, it will no longer have much to stick to.”

“That’s fascinating,” he said.

“Also, the mind is no match for a decision like this. You’ve basically banished yourself into exile. The mind will protest for a while but soon it will melt into the waves.”

There are those rare and beautiful encounters that we have with incredible people in our life. And these are the ones we never forget.

He emailed me the day he departed. And I've not heard from him since.

I like to think that he's found within the tumult of the ocean, what so few of us seem to find on the groomed and graveled avenues of dry land.

The Professional Athlete Seeks Everything But GREATNESS



Are you ready for another No-Holds-Barred talk?

I'm not here to PLEASE YOU. I'm here to tell THE
TRUTH.

If you felt pain by reading the title, read on at your own
risk. Because I'm not holding anything back!

Modern professional athletics is far from inspirational. It

has devolved into a game of X's an O's, and checks and balances, and wins and losses.

It is an accountant's dream. And a seeker's nightmare.

Modern professional athletes are put upon a pedestal. The media, the coaches, the books, and the magazines speak extensively about HOW GREAT the modern athletes are at their craft.

But the context in which they say such things is in comparing them against amateurs. This is really scraping the bottom of the barrel, isn't it?

If you have to sink so low as to compare a professional athlete to the average amateur, you are really having to stretch in order to justify this so-called Greatness, are you not?

Are there professional athletes who are truly great?

Absolutely. And there always have been.

But such people are EXTRAORDINARILY RARE.

I'm not going to insult you by telling you the "habits of great athletes."

I'm not going to demean your humanity by listing the
“characteristics of greatness.”

Such things are found on every bookshelf in the world. And
it is on the bookshelf that such things SHOULD REMAIN!

May such silly little books forever go UNREAD!

The GREAT ONES did not become great by reading a
book. So why should you?

Let's stop the nonsense, shall we?

Here is THE TRUTH!

Most professional athletes will forever remain “professional
athletes.” They never WILL BE GREAT.

Is it because they didn't practice “correctly?”

Is it because they didn't have “discipline?”

Is it because they didn't have the proper “nutrition?”

Is it because they weren't “dedicated?”

Is it because they didn't have the right "mindset?"
(whatever that means).

NO!

It's none of those things.

Why will most professional athletes never be great?

Because they don't want to be.

As for why they don't want to be, that's an entirely
different question.

But the plain truth is, they just don't want to be great.

The ones that want to be great, become great.

The ones that don't remain merely "professionals."

Dedication, practice, and commitment don't make people
great.

The desire for greatness makes people dedicated,
practiceful, and committed.

If during my screening interview, a professional golfer tells me that his primary goal is to win 10 majors, I tell him that his goal doesn't inspire me.

Why?

Because, whether he believes it or not, winning 10 majors won't satisfy him. It will just leave him thirsting for 12 majors.

And if he wins 12, he will want to win 20. And if he wins 20 he will want to win 50.

And the athlete who is reading these words right now doesn't see the problem with what I just said. He believes that this is a laudable goal.

You could win 100 majors.

Or 30 Stanley Cups.

Or climb Everest backwards.

And yes, this will give you media attention, a few words in black and white print, and all the money you could have

hoped for.

But these things will never satisfy you.

What satisfies a human being is not what he achieves tomorrow, but how he feels today.

You see, my friend, it is that glorious search for a mastery of one's craft that leads to a deep internal satisfaction. And the beautiful thing is that this satisfaction does not come later. It is with you as you climb the mountain.

It is with you as practice on the range.

It is with you as you scrimmage on the ice.

The man who seeks 10 majors and 30 Stanley Cups is not really searching for those things. I absolutely assure you he is not.

He is seeking to fill that well of satisfaction within himself. And he believes that the procurement of these awards will do the job.

And history has shown time and time and time again, that this theory falls flat every time.

What is greatness?

MASTERY.

Mastery is the ultimate greatness.

The search for endless wins is the search for the feeling of
greatness.

The search for Mastery endows one with greatness from the
beginning.

Greatness is not decided at the end of the race.

In those who have it, it is present the moment they get out
of bed.

It is the truly rare athlete who seeks MASTERY above all
else. And it is for this reason that great athletes are so difficult
to find.

In working with my clients, I seek those who seek Mastery.
And I work with those people upon Mastery.

Mastery of their craft. Mastery of transcending their own

mind. Mastery of owning their performance.

The athlete who seeks to be great carries with him his
resume.

The one who seeks Mastery carries with him only himself.

Out Of The Cobwebs And Toward The Light



You've certainly had the experience of walking into a floating cobweb and flailing madly in order to extricate yourself from it.

But the only reason that you attempt to extricate yourself from it is because the moment before you walked into it, you were free of it.

But imagine if you actually lived within the cobweb. Then what you would attempt to extricate yourself from would be the air of freedom.

This is precisely the state of professional athletics and the search for performance improvement.

The world of professional athletics is ONE MASSIVE COBWEB. Though it is invisible, it's FEEL has become home to the athlete.

He has inadvertently created this entire drama upon a stage, with its own Gods and demons and histories and futures. It's the only world he knows.

And when something does not go according to hope or to plan, he seeks the assistance of directors and stage managers and special effects artists to blow some smoke onto the stage in order to create the necessary scene.

Sometimes when the athlete is away from the game, he catches a quick glimpse of REALITY. He sees what might be a dangling string behind the stage. But he quickly dismisses it as being imaginary. And this is the freedom that he extricates himself from in order to remain within the wholly familiar world of the cobweb.

It is not that he runs from freedom. It is that he believes that freedom lies within his web.

It is not that he enjoys being entangled. He simply doesn't recognize that he is.

He believes that those that blow the smoke onto the stage come from the Free World. But they do not. They are all part of the grand play. They live within their own section of the web.

Athletes have become actors. They have learned to depend upon a script.

Why?

Because everyone in their world does so.

It takes a very rare individual to QUESTION the reality of the entire play.

It takes a very rare individual to question whether he should follow the others, or if he should go his own way.

Because COMPETITIVE ADVANTAGE is such a drug, it seems too great a risk not to do what others do. Even if it goes against one's natural instincts.

“If he has twelve coaches and an entourage, then I must as well. For I cannot risk that one tiny bit of information that he might get that might allow him to inch past me.”

Could it be that a player’s strength of spirit is inversely proportional to the size of his entourage?

You see, there is this enticing need to BOLSTER and ADD TO and ENHANCE and INFORM and BUILD UP one’s self.

But is it not the case that the more one ADDS TO HIMSELF, the less freely he moves?

Is it not the case that INFORMATION sometimes INTERFERES more than it INFORMS?

As the athlete sheds his layers of dependency, it is not that he will be less informed by knowledge. Rather, he will be more available to his instinct.

And instinct, in the end, is the truest form of knowledge.

If an athlete were to seek counsel but from one individual who taught him FREEDOM above all else, why would he need the entourage?

And eventually he would be in the enviable position of letting go of even this ONE individual.

For although one needs the boat to cross the river, it is no longer of any use to him once he has safely crossed.

The Consultation I Will Never Forget



There are those moments in a person's life in which he gets blindsided by an event that he simply did not see coming.

I was consulted by an athlete (a pro tennis player) overseas. Tennis is one of those sports in which players believe that they are playing against someone (but they really aren't). But that discussion is for another time and another place. In fact, I've written about it before (*Tennis: The Opponent* <https://www.siddhaperformance.com/2013/10/08/tennis-the->

opponent/)

In fact, he referenced this article in one of the several emails that we exchanged prior to our working together.

We spent five days working together. On the court, in the gym, and in hotel lobbies (where a lot of really good work gets done amidst the constant thrum of background noise which allows for a serenely private atmosphere, believe it or not). A hotel with an extravagant lobby with nice hideaway nooks are a must for consultations.

As I look back upon it, whatever I taught him or asked him to do, he did it with a smile. But it was odd. Something was a bit off. I felt it right away. But I dismissed it as part of his personality and didn't allow myself to dwell upon it.

What I mean is, although he would do things with a smile, he was almost too quick and too accepting. It is very difficult to explain. He would also ask many questions that were completely unrelated to tennis. These questions had very little to do with his game, his goals, or his performance.

He would ask questions like, "How did you become this way?"

He must have asked me that question 8 or 9 times!

“Doc, I really want to know. Tell me how you became the way you are?”

He asked, “Who taught you about the mind?”

I would certainly give a few minutes to answering his questions and then I would redirect the conversation toward his game and his understanding of the mind.

He would look at me and nod his head. But I didn't like the nod. I FEEL people's reactions perhaps even more than I SEE them. His nods were about one or two milliseconds too quick. The rhythm of the nod was a bit too uneven to be borne of true understanding.

I know what you're saying, “The RHYTHM of the nod???”

But something was definitely off.

Our time on the courts was actually VERY productive. After a very short time he began to move very differently on the court. The balls of his feet seemed very pliant, and his limbs seemed undirected and lost in a beautiful flow. I noticed it. And so did he, as he stopped a few times and smiled real

big and told me he felt “effortless.”

He would then walk off the court and I would tell him how beautifully he was moving, and he would turn to me and pat me on my shoulder and agree.

And then he would ask, “So how can I be like that?”

He asked me this question again on the very last day we were together.

He said, “How can I be like that, Doc?”

“Like what?” I said.

“Like really into things. The crux of it all, you know? To know things deeply and having wisdom and all of that.”

I asked him to explain what he meant.

He stopped me before we reached the parking lot. I remember we were standing underneath a big oak tree near the clubhouse. And he said, “After you leave, I’m afraid of what’s going to happen.”

I told him that it wasn’t a problem. He had made grand

strides in the past five days and in a few months we could get together again.

He said, "I'm not talking about tennis, Doc."

At this point, I simply had to know what was eating at this man. I had to understand why he had been asking me all of these questions for all these days. I didn't want to offend him in any possible way, out of respect for him. So I asked very gently.

I said, "Do you mind if I ask you something?"

"Sure," he said.

"We've worked together for 3-4 hours per day for the past 5 days and you haven't asked me more than three questions about your game or your goals or performance. I'm kind of curious about that."

He smiled. He had a sheepish look on his face and he kind of looked away.

"You can be open with me," I said. "Tell me the truth."

"I'm kind of embarrassed, Doc."

“No need to be embarrassed. I’m not going to judge you.
You know that.”

“It’s actually incredible how much my tennis has improved
since you’ve been here.”

“So what’s the problem?” I said.

“My tennis game is actually a bonus, Doc. It’s just icing on
the cake.”

“What do you mean?”

“I’m really grateful about making my game jump to the
next level, Doc. But that’s not why I brought you out here. It’s
not at all why I hired you. Well, maybe about 10% of the
reason I hired you.”

I was on the edge of suspense at this point.

“Why did you hire me, then?” I asked.

He had a very delicate, peaceful, serious, and serene look
on his face. He said, “Doc, you promise you won’t laugh at
me?”

“I wouldn’t dare laugh at you,” I said.

“Doc, I’ve spent the last 8 months reading every discourse you wrote. I’ve even printed some of them out and put them on my desk. I look at them before I go to sleep. You just inspired me, Doc. I just wanted to meet you. Yes, I wanted to work with you. But mostly I just wanted to be around you. I wanted to be around the man whose words I’ve lived on for the past 8 months. To be honest, you’ve helped me just as much in the last eight months through your words, as you have helped me in these past five days.”

I thought he was joking at first. I couldn’t believe what I was hearing.

I said, “You spent \$8,000 plus travel expenses, just for me to Be With You?”

“Honestly, Doc. I would have spent more than that. I just had to do this. For Myself. But now I’m sort of afraid.”

“Afraid of what?”

“I don’t want to go back to my old way of thinking. I want to think deeper. I want to know the reality about things. I want

to know ‘the essence of my humanity’ as you like to say. And I’m afraid that after you leave, I will snap back to my old way of living. Because none of the people that I’m around all the time will inspire me to look at things this way.”

We spent some time on this issue of his and we are due to meet again in the near future (to work on tennis, I think. But even if not, it will be a pleasure).

I was shocked and touched by what he told me. I never imagined in a thousand years that someone would go to such personal and financial lengths simply to spend time with me.

For I’m no Hollywood celebrity!

I was shocked that he felt this way about ME, but I do know the power of inspiration. For there are a few people in the world who have so inspired me that, now that I think about it, I would gladly have paid 10 or 20,000 dollars to spend a week with. GLADLY. Not necessarily because they could give me something. But because I was so taken by their words, their message, and their presence that they were one of the few people in the world who I found to be truly unique. They seemed to be one of the only human beings in the world who were after my own heart. Who spoke my language, so to speak.

And this is a very rare thing. To find someone who inspires you in such a way. When I have found such people, I have sent them emails letting them know how much I valued and were inspired by their work. Some responded. Most didn't.

Human beings are unpredictable. There are times when I write what, in my opinion, is a great discourse. And I get very few emails and responses. And then there are times when I write what I consider to be a relatively average discourse and I get a flood of comments and emails.

You just never know what is in the hearts of human beings and in which way you will affect them.

But this experience taught me something. That if we put our HEARTS and THE WHOLE OF OUR HUMANITY into what we do, it does seem to have an effect upon people. And sometimes the effect that it has goes beyond our wildest dreams.

Do you want to know what was even more shocking than this?

This very same thing has happened to me TWO MORE TIMES since meeting this tennis player.

What The Athlete Wants. What His Humanity Craves



The transitive property of geometry states that if $A=B$, and $B=C$, then $A=C$. The tricky thing about algorithmic formulas is that for the result to be correct, every step in the formula **MUST** have been correct.

A **SINGLE** wrong turn compromises the entire destination.

The pivotal turn in this particular case, this algorithm, is the “B.” That is a very delicate “B.” That is a very dangerous “B.”

If that “B” is wrong, the “C” will never come to be.

The athlete seeks to win. The coach seeks promotion. The manager seeks financial gain. The audience seeks vicarious pride.

But, in truth, they seek none of these things.

The athlete who says that he wants to win . . .

The athlete who says that he values winning above all else . . .

The athlete who says that winning is in his blood . . .

The athlete who says that the only reason he plays is to win . . .

. . . is the athlete who is LYING!

He is lying without knowing that he is lying. He is lying without trying to be deceptive.

For most athletes, they will never come to the realization that such statements are fundamentally, lies. And those rare ones who do come to such a realization do so in the twilight

years of their life. And they lament dearly for not having realized this when they played.

If only they had realized this, their game and their life would have been so much more beautiful.

Along the same lines is the word “Death.” Some consider this word to be too harsh. As a result, they say “passed away,” or “passed on,” or “deceased.”

Such words seem to provide a comfort that the word DEATH does not.

These other words and phrases for death are EUPHEMISMS. They seem to soften the blow.

WINNING is also a euphemism. Only it is believed to be the real thing. Winning is NOT the real thing.

How do I know?

Because if WINNING produced misery and sadness no athlete in a million years would crave it.

So what this means is that WINNING is not the final reality. Winning is not the “B.”

What this means is that winning is an AVENUE TO SOMEWHERE ELSE. It is a means to A DIFFERENT END.

And that end also has many names. But those names are closer to the actual truth. They are only semi-euphemisms.

What is that end?

Some call it peace. Or happiness. Or glory. Or self-love. Or vindication. Or self-worth. Or bliss. Or contentment. Or satisfaction. Or nirvana. Or enlightenment.

You see, NONE OF US is running toward anything.

We are all running AWAY from something.

None of us is searching for a home.

We are all seeking shelter.

Winning provides a shelter. The shelter it provides is in the form of a dose of satisfaction. A quick injection of happiness.

The problem with shelters is that they are makeshift shacks. Shacks with a leaky roof and an uneven foundation. Shacks

that are thus wholly susceptible to the moods of the prevailing
wind.

The problem with man is that he attempts to make this
shack his home. He feels that the more often he returns to it,
the greater the possibility that he will be able to live within it.

But such hopes go forever unfulfilled.

**And the greatest source of his misery lies is not
understanding this.**

The athlete does not need help in his ability to perform. For
his performance is a prisoner of his understanding.

And if his understanding is that winning will lead to any
form of salvation . . .

And for as long as winning is his drug . . .

He will NEVER own his performance.

If he understands THE GAME OF LIFE and the role he has
been playing within it, his performance will come
NATURALLY.

But if he focuses purely on his performance, his LIFE will
NEVER come naturally.

Wisdom requires that everything be kept in its proper place.
And in its proper proportion. Without one bleeding into the
other.

Wisdom requires the abandonment of Euphemisms. And
seeing things for how they truly are.

The man who understands this is the man who will walk
with ease. He will walk along fairways the way he walks in
the park.

He will greet the galleries the way he greets passersby.

The game will be something that he plays. And because he
has learned The Truth, he will perhaps for the first time in his
life truly be able to PLAY IT.

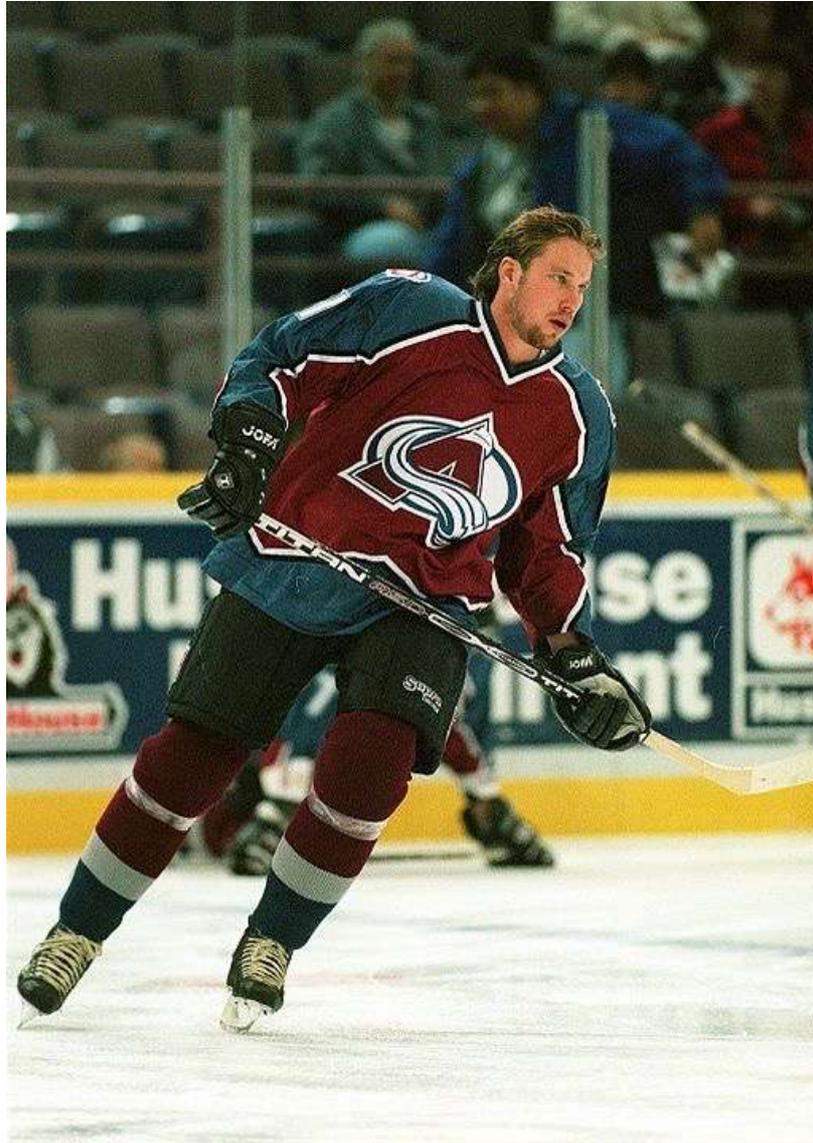
And because he will have learned to Play It, he will never
be owned by it.

And when he is no longer owned by it.

He will achieved True Freedom.

Which, whether he realized it or not, is what he has been searching for all along.

The Eyes Of Peter Forsberg



I first watched Peter Forsberg play when he was a member of the Colorado Avalanche.

We human beings are built in a very complex and ingenious manner. There is something within us that is exquisitely sensitive to the things that it witnesses. It is completely

beyond choice, and conscious thought.

It is something visceral. And when THAT SOMETHING within us detects it, it IMMEDIATELY KNOWS.

That SOMETHING within me was captured the day it witnessed Forsberg.

I will not cheapen this discourse or allow it to degrade into silly discussions about the number of championships he was involved in with the NHL or Sweden, or his stats, or his goals.

To me, those things simply take me “out of the dream” so to speak. They inject into what is an inspirational dialogue, mundane X’s and O’s which kill the spirit of the discourse.

I will state flatly: I care little about such wholly pedestrian matters. If Forsberg never scored a single goal, or won a single Stanley Cup, or even registered a single point in his career, I would STILL be writing this discourse in his honor.

In fact, one of the most inspirational things about him was watching him sit on the bench. He would look up at the ice with eyes that seemed to SEE.

Through his eyes, I could see that he was completely IN

THE GAME.

When he stepped onto the ice, it was the manner in which he moved. There was NO CALCULATION to his step. No deliberation in his stride. No apparent strategy. No ostensible allegiance to a play or a formation.

He simply seemed to ROAM. He seemed to survey the ice like one in search of something. He seemed to Understand the play. NOT necessarily the one he was being asked to FOLLOW. NOT the one scribbled on the board in the locker room. But the one that was unfolding, Here and Now.

The one that no playbook could ever design. The one that no coach could ever predict.

For coaching attempts to teach in Straight Lines. But the plays that occur in any game do not adhere to straight lines.

They are Soft and delicate and evolving and unpredictable.

And thus it is only the one who is Available to the game . . .

It is only the one who sits delicately on the edge of the cliff without falling or holding back . . .

It is only the one who feels the rhythm of the play within
his fingertips . . .

It is only the one who is Available to Possibility . . .

It is only the one who **becomes the game that he plays . . .**

That Truly Understands it.

Such a man develops an intimate relationship with the game. And it is through this entirely personal and intimate relationship that he begins to see what no one else can.

And these are the eyes through which Peter seemed to see
the game.

When he was on the ice, he skated with an almost lax stride, as if he were walking through his living room. Though he may have had two or three defenders attacking him, it seemed as if he were a ship upon which seagulls rode.

He would hold the puck for what seemed like hours. Waiting for just the right moment. This sort of patience his extraordinarily rare.

Where did it come from?

In my opinion, it came from a certain Knowing. An amalgamation of preternatural skill and a holistic commitment to creating a masterpiece during his short stint upon the ice.

In all my years of watching professional hockey, he was the only player that I ever saw who made an impact during virtually every shift that he played. When Peter played, you knew that something was going to happen.

What does this mean for the young NHL professional who is forging his new career?

What advice do I have for him?

None!

For I will not insult the young player's talent and the glory of his possibility by giving him a prescription.

Peter did not play by prescriptions. And even if he tells me that he did, I would say that he is mistaken. For the manner in which he moved, the things that he saw, the patience that he had simply does not come about through following marching orders.

Peter Forsberg had found his home within his game.

And because of the sincerity of his search, the game found
a home within him.

If you mention Peter's name to the man on the street, he
will not know it. If you mention it even to a devoted modern
hockey fan, he also may not know it.

But this stands perfectly to reason. This is the way it has
always been with true artists. Their work goes unnoticed when
they are alive. Their life goes unseen at the peak of their work.

And perhaps it is best this way. For Forsberg's name does
not belong in neon lights. It belongs within the grandest
museum in the world. **A museum of artists who wanted
nothing other than to give themselves whole to the nature
of their art.**

When Peter left the Avalanche, I left as well.

What remains is actually a wonderful possibility in
my young son who watches Peter's highlight tribute before he
goes to his hockey games. And he practices Peter's "postage
stamp" move. The move that one NHL player said he would

never even try “in practice.”

My son has practiced that move (along with some from Pavel Datsyuk) for YEARS in the sanctity of our garage. He does these “risky” moves in the most critical times in his hockey games. And it gives me enormous pleasure to see him do this, for then I KNOW that he still considers it A GAME.

Forsberg fills his desktop screen. And when I asked him why he watches the video, he says “It inspires me, Daddy.”

The man who captured my imagination like no other athlete I’ve ever seen in any sport is perhaps capturing a generation he never thought he would.

In the end, not every human being watches a game in order to catch the winner or the loser.

I would imagine there are perhaps a handful of people who watch in order to witness the ultimate possibility of a professional athlete.

I imagine that there are some who watch for inspiration.

I imagine that there are some who love to witness the simplicity and the alchemy that sometimes occurs between

a true artist and his art.

The athletes with whom I have the pleasure of working understand very well that my vision is to allow them to create their own masterpiece. And this is done through a return to their Freedom. For freedom allows one's latent talent to bloom like the fall foliage.

If the young professional can learn anything from this discourse, it would be to bring the majesty of that which is HIS AND HIS ALONE and place it before the world to see.

Free from all fear of rejection and ridicule. Free from the fear of judgment. Free from the fear of becoming an outcast.

Free to be the one and only **HIM!**

Peter Forsberg had this Freedom.

His Freedom created his beautiful Knowing.

And this was available for all to see within the depths of his eyes.

But it could only be seen by those who had the eyes with which to look.

What Is That Hallowed Path To Greatness?



Siddha Performance is very much a niche consultancy. It is devoted to that rare individual who seeks true greatness. It is for that rare one who seeks to become a legend in his field.

It is for the person who has the sort of goal that makes people ridicule him. The goal that is too lofty for most men to even say out loud, rather than pursue.

It is for those who seek to create masterpieces of their life.
A modern day Rembrandt, Picasso, Mozart.

Why?

Because it's Inspirational!

Because it's Fun!

For where is the fun in going only half way with your life? Where is the fun in holding back and playing it safe? Where is the fun in having twelve backup plans and six insurance policies? Where is the fun in living your life according to a “just in case” philosophy?

Let us discuss the path to greatness, shall we?

They say that there are those people who speak of becoming truly great but they are all talk and no action. I would somewhat disagree.

In my experience, most human beings cannot even bring themselves to utter the words of becoming a legend in their field. Not even in the privacy of their own bedroom. For the speaking of such words spawns such embarrassing self-doubt, that they cannot bear to speak them.

If a man can speak the words, he is worth listening to. For

he certainly has the potential.

We see many professional athletes in all manner of sport around the world. While they may be “great” relative to the amateur sportsman, the overwhelming majority of them DO NOT become truly great.

Why?

Do not allow your mind to salivate at the possibility of me providing a road map, for I will do no such thing. The one who seeks a road map disqualifies himself from the possibility of greatness.

Why?

Because the truly great ones are great because they blaze their own trail.

What kind of greatness does it take to follow a recipe? And if it were a formulaic process, wouldn't greatness be seen on every street corner?

What is it that takes a man to greatness?

I will begin with passion. A sincere love for what he does.

You might say, “Many athletes are passionate about their sport. Yet they still don’t achieve greatness.”

I disagree.

Most athletes, like most ambitious human beings, are not truly interested in Greatness. They are interested in Success!

Greatness cares not for success or failure. It’s currency is not the nature of the reward. Rather, it is the love of craft.

I would say that greatness is not really an achievement. It is a quality bestowed upon that rare individual who craves the marrow and the inner workings of his craft.

And this is a very, very rare individual in today’s world.

Observation is the greatest form of science. Let us, then, observe what lies before us.

We see an unprecedented proliferation of teaching academies, instructors, psychologists, and coaches around the world. We see a line of parents willing to turn over their talented youth to this “machine.” We see professional athletes who have all manner of coaches on speed dial.

Please don't take my word for it. Examine for yourself what percentage of the athletes that emerge from these high-priced academies become truly great. Examine for yourself what percentage of the speed-dialing professionals become great.

Teaching doesn't make anyone great. The world's best instruction cannot "instruct" a man to greatness.

Contrast this with that strange, aloof, loner of an individual who toils away at his craft in quiet seclusion. He is NOT beholden to "technology" or "science" or "gadgetry" or "coaches" or "the latest instruction" or the "latest research on 'how the brain learns.'" "

He is simply lost within the bowels of his craft. He is fascinated by the inner workings of his trade. He tries this and that. Keep this, discards that.

He explores. He experiments. He plays with it. He speaks to it.

He portrays the image of the crazy man from the wilderness. He can be seen laughing when there is no apparent reason to laugh. He can be seen crying without

impetus. He can be seen conversing with what can only be the Almighty, for there is no one else around.

And one day he shows up on the grand stage and reveals before the world the masterpiece he has been working on for decades.

He toiled and explored and experimented with the beauty of his craft for so many years. And somewhere along the way, he became an artist.

The man for whom the only truths are the ones he has discovered for himself. The man who relies on no one. The man whose source of motivation is simply a love of his craft.

The man who gives himself so completely to his craft, that only the craft remains.

Ahhh, this is MY MAN!

This is the poster child for *Siddha Performance*.

These are the gems of creation who inspire my work. These are the rare souls in whose ears I'm happy to whisper my words.

For these are the individuals whom greatness longs for.

I sometimes see this man running in the hills. I see his long
shadow roam among the clouds.

And when we see each other, we smile. As all men smile
when they discover that rare kin in a world of strangers.

My Wish For You . . .



The perspectives that are at the heart of *Siddha Performance* are almost entirely antithetical to those espoused by society.

The values of *Siddha Performance* are at complete odds with the values espoused by the media and the masses.

I will state for as long as I live that *Siddha Performance* is NOT for the masses.

It is, and it will always be, for That Rare One (<http://bit.ly/thatrareone>)

And as those rare ones come to me, this is what I tell them.

My wish for you has NOTHING to do with your winning
and your losing.

It is to for you to live in Equanimity.

My wish is NOT to help you deal with pressure.

It is to help you become forever Free Of It!

My wish is NOT for you to be proud of the fact that you
limped to the finish line despite the pangs of tension and the
inner turmoil.

It is to help you attain that state in which you FLY across
the finish line as the God that you are.

My wish is NOT for you to “beat” anyone!

It is to allow you to live comfortably within your own skin
so that there are No “Others” to speak of.

My wish is NOT for you to hold your head “high” in
boastful pride.

It is for you to keep it slightly bowed so that you may walk
each step with Perfection.

My wish is NOT for you to “compete.”

It is for you to master your skill to such a degree, that there
is no need to compete.

My wish is NOT for you to “compete.”

It is for you to PLAY. And to play with such freedom, that
you no longer need to resort to competing.

My wish is NOT for you to be an “assassin” or a “beast.”

It is for you to be a Peaceful and Spiritual Warrior who
enters the game like a torrent, but sacrifices NOTHING of
himself in the process.

My wish is NOT for you to “improve.”

It is for you to create a Masterpiece. EVERY SINGLE
TIME YOU PLAY! (Yes, it is absolutely possible).

My wish is NOT for you to line your hall with trophies.

It is to help you STOP sacrificing the glory of your
humanity for a tarnished piece of metal.

My wish is NOT for you to chase accolades.

In achieving your freedom, you will achieve your ultimate
performance. And accolades will chase you by the dozen.

My wish for you is to live the life you have always wanted
to live.

My wish for you is to begin to look in the right places,
instead of searching for water within a stone.

My wish for you is to play Out of Love, rather than For It.

My wish for you is to transcend your mind, so that you no
longer live as a slave to it.

My wish for you is to live the rest of your days on this earth
as a Free Human Being.

And as we work toward it . . .

As we begin to see the light you have always longed for . . .

Nature herself will settle at your feet.

What If Greatness Could Happen Overnight



We live in a world of recurring messages. And it takes that one in a million sort of individual to swim against this current.

The world has forever been told that success is a “process.”

Athletes are told that “things take time.”

Is this necessarily so?

We have all heard of the mother who in a fit of desperation

lifts a car in order to save her child caught beneath it.

Did that take time?

Was that a “process?”

Did that mother spend 20 years building her strength in order to achieve this feat?

What this tells us is that, given a certain situation, all things are not only possible, but Plausible.

Here at *Siddha Performance*, the discussion always deals with professionals. And we have the bulk of professional athletes who spend YEARS improving at a snail’s pace.

And most of them never become Great, as compared to their professional colleagues. This is the status quo. And, thus, it has become accepted as the norm.

Rather than underscoring the status quo, could it be that this is living well beneath the potential of human possibility?

Could it be that such mediocrity is the result of the environment in which the athlete lives, far moreso than the result of any human limitations?

An average professional athlete can easily become Great. And he can become great QUICKLY.

How?

By understanding what is holding him or her back.

What's holding him or her back?

First of all it is the environment. The athlete **MUST** divorce himself from his environment. And if he cannot do so physically, he must do so cognitively.

Second, it is the practice. Professional practice sessions are not aimed at achieving greatness. They are aimed at appeasing the lowest common denominator. They are aimed at satisfying academically-instituted philosophies. They are aimed at following the "latest research." They are aimed at winning medals and trophies.

Believe it or not, these things **KILL** skill acquisition.

Third, it is the athletes. They bring with them their own belief systems. And most of these belief systems have been ingrained in them since childhood. They have their own ideas

about what leads to greatness. And they are shackled by their
Need to “become a success.”

Fourth, it is the coaches. Coaches who feel beholden to
“science.” Coaches who are well-meaning but UN-
intentionally sabotage the heights that the athlete can reach.

For they have not become convinced of the divine and
supernatural possibility of the human being. And thus they
feel that their hand is superior to that of nature.

These are but a few examples that suffocate the greatness of
human beings. And literally thousands of professional athletes
fall prey to this every single year. Yet few know about it. And
even fewer understand it.

Is it possible to Turn An Athlete Around INSTANTLY?

You bet your life it is! And in my work, I believe in nothing
less.

Is it possible for the professional athlete to attain greatness
QUICKLY?

This, in fact, should be the norm.

I don't believe in slow progress. And my experience with

athletes and the world of athletics has proven this. I have done many experiments in this regard. I've even applied it to reading.

Children are taught to read slowly in order to understand what they are reading. But my experiments have proved this to be quite false.

The reason that they say such things is because the educators and coaches and “scientists” are interested in the brain, rather than the mind.

Why?

Because it can be Imaged. And tested. And poked and prodded.

But the true magic lies not in the brain, but in the mind.
And not in its presence, but in its Absence!

I know, I'm getting too deep. This is why I insist upon PRIVATE consultations, rather than group discussions. Even if I visit a group, I insist upon consulting with each athlete privately.

For such discussions are so foreign to the world . . .

They are so incredibly rare in the mainstream . . .

That they must be discussed delicately in order to ensure
that the athlete is with me every step of the way.

As for the reading experiment, believe it or not, the quicker
you read, the more you retain.

Please don't believe me. Try it for yourself.

Change needs to be approached not as an "Eventuality."
But TODAY!

If greatness is relegated for tomorrow, it rarely comes.

And greatness comes quickly for those who are privy to
certain understandings.

**For one of these understandings is that greatness is a
product of Subtraction rather than Addition.**

What can I say, the world has gone astray. For entropy is
the order of the day.

My words should never be believed unless I can prove

them. But the only one who is willing to explore such things is the one who has suspected similar things himself.

These truths and the motivations of my incessant experimentation are not so much borne of knowledge, but of desire. A desire to know the truth.

They are not borne so much out of intelligence, as they are a sincerity to the search.

And such things are available to any human being. Once he or she stops listening to the world. And begins to look behind the trees and between the clouds.

The irony is that whomever does this is precisely the one who greatness comes to.

And when it comes, it comes **Running.**

Why The Professional Athlete Loses His Way



This is, unfortunately, the state of affairs in all professional sports. Being that it is Masters week, let us use the PGA Tour Player as an example.

Imagine this, if you will.

A particular tour player has played well for a few years. He has garnered a few wins, several top five and top 10 finishes,

contended in a few majors, and has perhaps even won a major.

Then somewhere along the way, his performance begins to suffer. At first, he attributes this to the fickle nature of golf. But as time goes on, he sees his performance dwindling more and more. He begins to miss cuts. And the more cuts that he misses, the more he begins to question himself.

He returns to his coach and perhaps his statistician and they create a plan for “improvement.” He is told that he has missed X number of greens, and Y number of fairways, and that his short game needs improvement. He is told that his putts-gained percentage is this and that his bunker stat is that.

They begin to analyze the video of his backswing and they see a flaw and they attribute his missed fairways to a slightly inside move or to a laid off position at the top. They institute several changes and they enter the next several tournaments with higher hopes, but to no avail.

The 74’s and 76’s lead to more missed cuts and soon the player becomes lost. All that once worked, no longer does.

And the player does not know where to turn. For he has become firmly invested in the belief that he is no longer the player he once was.

This is when I typically get the call. When the professional athlete feels defeated and knows not what to do.

At this stage begins a Beautiful Exploration of how to return to AND TO SURPASS the athlete's previous displays of greatness. These explorations are conducted In-Person, On-Site, and In The Field.

I will now share with you one or two insights into my work with professional athletes who have experienced such a situation.

The X's and The O's

Athletes are taught to believe that the X's and the O's are responsible for their performance. They are taught that the X's and the O's are responsible for their greatness.

But are there not many examples of athletes whose X's and O's are far from perfect, but they still live at the pinnacle of their craft?

I know what you're going to say, "Well, those are the just the exceptions." I'll respond to that statement with a discourse I will soon release called, **The Exception Is The Possibility.**

Understand this: Your Statistics Do Not Dictate Your
Prowess As A Player!

Your fall from grace has nothing to do with your Pre-shot
routine!

The loss of your shotmaking abilities is not because you
aren't "Visualizing Properly."

**Understand, dear friend, that the X's and the O's are
NOT a reflection of what you lack. They are a reflection of
that which you have not been able to manifest.**

As a result, the key is not to practice harder or to visualize
better or to breathe longer or to hit more balls or to "focus on
the process."

For if you do these things, it will just feel THAT MUCH
WORSE when you fail again, because you will feel cheated
for having failed despite the enormous effort that you
invested!

What is the way out?

To forge an entirely new path that runs independent

and parallel to this one. A path that returns you to yourself and FROM THERE, you build your way to greatness.

The New Path To Greatness

The athlete is told that he must find his way “BACK.” His advisers tell him to “do what he was doing back then.” He tries this, but of course it doesn’t work. He didn’t achieve it back then because he was going through the motions. So why would going through the motions make him “get back to it.”

There is a belief that one must find that groove, that road, that path “BACK” to his greatness. But such a path only leads onto the netherworld. For THERE WERE NO BREADCRUMBS DROPPED as he left that original greatness.

The path that this athlete must create is a NEW PATH. It will not lead in a straight line “BACK.” Rather, it will organically flow from the rhythms of his new found wisdom.

And it will lead him to his NEXT EPISODE OF GREATNESS.

And this episode may very well be superior to the first.

Why does the athlete get lost?

Because he trades himself for his performance.

Because his currency becomes the SHINING NUMBER.

Because he fails to realize that Greatness is a natural manifestation of something within his core being. And his task is to explore and understand THAT, and from THAT his greatness will arrive.

And when it does, he will have learned.

And because he will have learned, he will never allow himself to become lost again.

The Kindness Of Tornadoes



There was a tornado that ripped through a small town, leaving destruction in its wake. Thousands were left homeless. Buildings lay collapsed. Cars lay toppled on their side. And trees lay fallen with their roots fully exposed.

There was a man who had lived in this town for forty years. He simply could not understand how such a thing could happen. The cruelty of the tornado was something that ate at him.

He felt that he truly needed to know. He had to understand the reason for such devastation. He had discovered that the

tornado had moved on about thirty miles past his town.

In a fit of impulse, he found a car that had not been destroyed and he chased after the tornado. As he got closer to it, the sound frightened him. And the tornado's enormous power made him afraid for his life.

But something inside of him made him push forward. As he reached close to the tornado, he stood outside of his car and with his clothes rippling and his hair thrown back by the wind, he screamed at the tornado. With all his might he asked the tornado why it was doing this.

The tornado noticed this brave man. It heard the man's questions. And out of a sense of pity, it agreed to answer his questions.

The man said to the tornado, "Please tell me why you are doing this. You tear through towns and destroy man and property. These nice people haven't done anything to you. Why do you destroy these people's lives?"

The tornado said, "Sir, it is not my wish to destroy anyone's life. I have no intention of causing havoc."

The man said, "But look at what you have done. There is

havoc everywhere. And it is all caused by you.”

The tornado turned and saw the destruction it had caused in its wake. It then turned to the man and said, “Sir, you are correct. It seems I have caused hardship and destruction. But I assure you, this is not my plan.”

The man said, “What do you mean by that?”

The tornado said, “Sir, I have been created by nature. My nature is simply to twirl and blow. Once the conditions are a certain way, I come into being and I blow and I twirl with all my might. It is not something I can stop or control. I do see the destruction I have caused and I am very saddened by it. Perhaps you can help me.”

The man said, “How can I possibly help you?”

The tornado said, “Sir, I tend to blow in certain regions of the planet, where the land is just so. I tend to occur in certain seasons, when the atmosphere is just so. As nature has not invested me with the ability to control myself, perhaps you could build your houses and your towns where the land is not so ripe for my development. Perhaps you could please stay out of my way.”

Whether it is the mind, or life, or nature, it has its own particular momentum that nature invested it with. It rolls at a certain speed. And it was not programmed to stop or to slow down.

Our problems do not arise because of the mind, or life, or nature. Our problems arise when we stand in its way.

Because we are taught to control things, we become controlled by them.

And in attempting to control such intrinsically natural things, we stand in their way. And when we stand in their way, we suffer their blows.

And when we suffer their blows, we feel that we have been assaulted. We feel that these things have Sought Us Ought.

But is it really they who have sought us out? Or is it we that have sought them out?

The nature of the mind, of life, and of nature is simply To Blow.

And our greatest wisdom lies in standing to the side and watching them blow.

For if we allow them to be as nature intended for them,
perhaps we ourselves can become as nature intended for us.

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world.

Do You Remember When . . .



Do you remember when you were a child? Ignorant and blissful.

Do you remember when you knew nothing? And because you knew nothing, the world was one great possibility.

Do you remember when you did not measure your steps, or count your accomplishments? For the wayward life was the one that attracted you most.

Do you remember when your play was the end of all ends?

For it was not a means to an end.

Do you remember when your life was not a list of To-do's
but a list of I-wonder-if's?

What happened to you?

Was there a fork in the road that led you to the path you're
on now?

Were the road signs switched?

There was a time in your life when, although you knew
nothing, you felt you had all the answers. And as a result, you
would have died before you agreed to listen to anyone.

And now you would die before you listen to yourself.

There was a time in your life that you were willing to try
this and that. And even if it took you years to figure out, you
were willing to go it alone.

And now you look for shortcuts packaged as "advice."

There was a time that you would embark upon a dirt path
that had no footprints, for no other reason than to see where it

might lead.

And now you ask others to show you the way.

There was a time when there was no difference between
who you were and what you did.

And now, “how you do” defines who you are.

What happened? Who led you down this path? Who taught
you to live your life according to a prepackaged design? A
design handed to you by another.

As a child, you did not think. You just did.

And today you think, and rarely do. And even when you
think, you ask others what you should and should not think.

The point is not that you have lost your way. For we all lose
our way.

The question is: **Does the life of your childhood pull you
back?**

Does the way you once were tug at your shoulder?

Do you wish to see the world the way you did long ago?

Do you wish to look up at the sky and sense that wonderful
feeling of vertigo?

Or do you feel that there is no longer any reason to look?

What has happened to you?

Your eyes may have changed, but I assure you the visions
are still there. Waiting . . .

Your intelligence may be sharper, but it was the ignorance
that kept you in bliss.

Your knowledge may fill you with pride, but of what use is
academic knowledge without the beauty of wonder?

I will not tell you to stop listening to others. For it is your
life.

But what kind of life is it?

I will not tell you to stop scheming and strategizing your
existence, within your profession and outside of it.

But if you do, will you not close all doors to the unpredictable possibilities that enliven a man's life?

Your knowing has become your tomb. For you "know" so much that you live within an air-tight existence.

And such an existence prevents you from feeling the cool Easterly breeze that carries with it the seed of endless glory.

Carry on, dear friend.

For as you walk down the finely paved roads, perhaps you will one day come upon the dirt road of your youth.

And if you look closely behind the pines, you will see the child that you left long ago.

And when you see him, what will you say to him?

Will you try to teach him all of your new found knowledge?

Or will you drop to your knees and plead ignorance before his innocent wisdom?

The Amusing Irony Of Need



There was once an old lady who lived in a small village in Northern India.

She lived alone. She had two pairs of clothes. And a refrigerator that was always half-empty.

One day, a distant relative whom she did not know even

existed left on her doorstep a large sack, attached to a note. The note said that one of her relatives had died and it was his wish to leave to her the contents of this sack.

She opened the sack and found within it 12 million rupees. She sat in awe for a minute or two. She then lifted the sack and put it into her bedroom. But before she did, one of the neighbors had seen her open the sack.

This neighbor whispered to the entire village that this old lady had come into a lot of money.

Word spread throughout the village and the neighboring towns.

Then one day, there was a knock at her door. She opened the door to find a tall man with a slight smile. He said that he was hungry and he asked if she would kindly give him some food.

She invited the man inside and gave him some food. After the man ate, he told the woman that he knew she lived alone. And that he also knew that she had come into a lot of money.

The woman smiled and acknowledged that he was correct.

He told her to bring the sack of money.

She obliged. And she opened the sack before him.

The man said, “I am poor. I am hungry. Forgive me, but I must take some of this money with me.”

The old lady said, “Are you robbing me?”

The man said, “I suppose you can call it that. But to show my kindness, I will only take half of the money.”

The old lady said, “My dear man, I will not give you half of it. But I am willing to give you all of it.”

The man was taken aback. At first he thought it was a trick. But then the old lady picked up the entire sack and handed it to him with a gentle smile.

She said to him, “Go on, my dear friend. May this money give you what you seek.”

The man took the sack and ran off into the night.

Three years passed.

And one day the old lady heard a knock at the door.

She opened it to find the same man standing in front of her.

“May I please come in?” he said.

She invited him in and offered him a chair.

The man said, “For the last three years, I haven’t been able to get you off of my mind. I have been greatly troubled by a question. And no matter what I do, I cannot rid myself of it.”

“Feel free to ask, sir,” she said.

The man said, “It’s about the money.”

The old lady said, “Do you wish to know how I got it?”

The man said, “No, I wish to know how you gave it?”

The old lady said, “I’m sorry, but I don’t understand.”

The man said, “You gave me all of the money in that sack without batting an eye. You gave it to me with a smile. For you to do this, you must have found something that is more valuable than this money. Whatever it is that you have found,

that is the treasure that I want. I will become your disciple. I will become your student. And I will not leave until I learn from you that great something which would allow me to give away all of my wealth with a smile.”

The old lady laughed, and said, “My dear man, I am a poor old woman. You needn’t give me such credit. For much of my life, I chased after riches and glory in the outside world. Because I felt that it would give me joy. But through years of struggle, I discovered that even when the world gave me what I asked for, the joy lasted only a moment. And then I returned to feeling needy and miserable. Until I finally learned that the greatest and lasting joy came when I stopped searching for things to make myself happy. And I embraced the feeling of freedom and contentment. And when I did this, I discovered that none of the joys **out there** compared to the one **in here**.”

That which we chase rarely comes to us. And the moment we become content with abandoning the chase, we get more than we ever searched for.

As long as we **NEED** something to happen, it rarely does. And when we SINCERELY abandon the need, we get more than we ever hoped for.

Is this not an allegory of the professional athlete?

The more he demands from the game, the less he receives.
And the more he remains upon his sincere and humble path,
the game seems to offer him treasures.

But if he has one eye on the treasures, they hide from him
once again.

It is perhaps the search for sincerity that is our greatest
treasure.

**And it is perhaps only this that gives us the freedom to
truly play.**

**For play is only possible under the condition of
Freedom.**

A Beautiful Lesson In Sincerity



As I proceed through my life, my sensibilities are always attuned to the tiniest of things. Whether it is in dealing with human beings and their subtle gestures. Or whether it is in witnessing nature providing a glimpse as to how it is designed.

Very recently I was at a PGA Tour event working with one of the touring pros. We were on the chipping green and this player I was working with hit a nice chip which carried the delicate fringe and stopped to about a foot from the hole.

One of the tour pros was standing a few yards away, also chipping. He looked at the chip that my player hit and then he looked at him and nodded his head and smiled. He said, “That was a nice chip.”

I noticed the sincerity with which he said it.

If you have been around golf for any length of time, you will often hear very reflexive comments such as “nice chip,” or “nice putt.”

In fact, it is so reflexive, obligatory even, that the word “nice” is often omitted. And the player essentially says, “chip,” or “putt.”

But this player did not do that. He watched the chip as it rolled. He watched it stop a foot from the hole. He nodded his head. He turned to look at my player. He smiled. And he said, “That was a nice chip.”

Being around golf and having been to many tournaments over the years, his sincerity caught my attention quite starkly.

After this nice player said this, he hit his own chip which rolled over the fringe and trickled directly into the hole.

I smiled. For I found this to be a fascinating example of how nature seems to work.

As I said, I notice the tiniest of things, for I am so enthralled with learning about how nature and the universe and circumstance and human beings work. And I spend much of my work looking at the patterns that recurringly emerge.

I pulled my player aside and I asked him if he noticed what had just happened.

He said, “No.”

This is how the conversation went:

“James so sincerely complimented your chip, right?”

He said, “Yes.”

“Did you notice what happened next?” I said.

“No, what?”

“James chipped in on his very next shot.”

He smiled and said, “Did he really?”

I explained to him how beautiful nature seems to design things.

Nature must have been so impressed NOT with James’ comment, but the SINCERITY and KINDNESS from whence his comment came, that he allowed his next chip to go into the hole.

I then explained the oh so important punch line. IF James had tried to play a game with nature and CLEVERLY tried to cozy up to nature by offering this comment, nature would have seen right through his clever plan. And because it was NOT SINCERE, he likely wouldn’t have allowed him to make the chip.

Indeed, it is possible that this was merely a coincidence.

But being a student of nature, such things happen so commonly that I find it difficult to believe in such “coincidences.”

Sincerity is the order of the day.

Within the scope of our daily lives.

And also within the phenomena of nature.

The Practice That Will Make You THE VERY BEST IN THE WORLD



Whether I'm inside the ropes of a PGA Tour event, or watching a professional hockey team . . .

I love to evaluate how professional athletes practice.

I sit in quiet intensity, watching and wondering why they are doing what they are doing. I see them pull out their Iphone

after every few shots. I see them turn and chat with a fellow player. I see them giggling along the corner boards. I see them hitting the same shot twelve times in a row. Or hitting putts to the same hole from the same spot with five golf balls.

Whether it is an individual sport, or a team sport, the word “practice” seems to have a certain meaning for professional athletes. And the meaning is that “practice” is a PLACE THAT THEY GO. This is particularly so for professional TEAMS.

For individual sports, the idea seems to be that practice is something THEY DO. Something common and obligatory. Something they have done for years past and will continue to do for years into the future.

Teams run drills and formations that have virtually nothing to do with the game. Individuals hit shots in a manner that has nothing to do with the tournament environment in which they will play.

I truly beg your apology for what I am about to say, but say it I must: The way that professional athletes practice is largely Useless. For it is conducted with the idea of Movements, rather than SKILLS. It is conducted with the idea of Practice, rather than The GAME for which the practice is ostensibly

beholden to.

I explore this in painstaking detail with my private clients.

Suffice to say for purposes of this discourse that it should not be surprising to anyone that professional athletes rarely soar in their level of skill, despite the many many hours of “practice” that they do.

In fact, the majority of a professional athlete’s improvement during the course of his or her career is not what he or she gains through practice, but what he or she gains through experience. And while experience is an irreplaceable element of the athlete’s domain, if his skill acquisition were pursued in a manner which is conducive to his development, he would SOAR as an athlete.

Trite phrases such as “practice with a purpose” are well-meaning, but they have not the power to relay the TRUE message.

Which “purpose” should an athlete practice with? What if that “purpose” is not the critical “purpose” that is required for his development? What if he is being so “purposeful” in one aspect of technique that he overdoes it and thus finds it difficult to seamlessly incorporate it into the entirety of the

technique?

Here is a recent experience from a consultation session.

And this is quite common.

I asked the pro golfer before our first session: What are you going to work on today?

He says, “I’m going to work on my chipping.”

“What do you mean by that?” I ask.

“I’m just going to work on my chipping,” he says.

“Could you please explain to me what exactly that means?”

He was obviously confused by my question. He didn’t know how to answer the question. And the reason he didn’t know how to answer the question is because he himself didn’t know what he meant by his statement. And the reason that he himself didn’t know what he meant by his own statement is because:

1. No one had ever asked him to explain it. And thus he never questioned its validity, or explored its meaning.

2. Because in his world, this is a common and most acceptable thing to say. All of his colleagues speak this way.

And go about their practice in this way.

I helped him out. “What in your ‘chipping’ are you going to work on?” I asked.

“Just going to try make sure my wedge is ‘on-plane’ going back,” he said.

I liked the fact that he at least found a more specific answer, but I did not like the nature of his answer.

I said to him, “What if I showed you a way to chip such that you would put the ball close to or into the hole ON DEMAND, and you would NEVER have to worry about or even check your swing plane FOR THE REST OF YOUR PROFESSIONAL LIFE?”

He asked me if I was joking.

And I told him him that I didn’t expect him to believe me unless I could prove it to him. We started that very afternoon. And soon his short game became literally World Class. And without ever having to check his ‘swing plane.’

The manner by which practice is pursued by athletes is not entirely their fault. **It is the result of the environment in which they live.** If you live in an environment which touts “science” and “video” and “swing plane” and “how to” and “positions” then it will naturally be the case that the vast majority of the professional athletes who live in such an environment will SUCCUMB to these philosophies.

And as younger professionals come onto the scene, they see all of their colleagues doing it, so they feel that they must do it as well, or risk getting left behind.

It will only be an extraordinarily rare individual who says,
“Wait a minute. This can’t be the way.”

You see, the coaching establishment inadvertently turns what is an automatic vehicle into a stick shift.

If you enjoy driving a stick-shift, by all means do so. But if you do it because you weren’t aware that automatic vehicles exist, we have a problem.

The vast majority of coaches have little understanding of the human body and even less understanding of the human mind. And what leads them further into delusion is their interest in “Science.” In foraying into the world of “science”

and “numbers” and “technology” they look for what can be **DONE TO AN ATHLETE, instead of LEARNING WHAT HE DOES NATURALLY.**

Instead of fixing nine things, why wouldn't you **DEDICATE YOUR LIFE** to finding that **ONE THING** that fixes **NINE!**

And that **ONE THING** is not found in a gadget or a launch monitor or a research paper or a “biomechanics expert.”

That **ONE THING** is found through an understanding of the natural rhythms of the human body. And to create a way to teach that takes an athlete **INTO HIMSELF AND HIS INSTINCT** rather than **INTO THE WORDS OF THE COACH OR THE SCIENTIST.**

You have all the “science” that you could possibly want, already within you. And you will learn best about that science by approaching your training in a way that allows **THINGS TO COME TO YOU** rather than **YOU CHASING THEM.**

The manner in which the professional athlete is being taught to practice does **NOT** lead him to the top of the world.

And if such an athlete gets to the top of the world, it is not **BECAUSE** of this “scientific” way of teaching, but **DESPITE**

IT!

As good as you are now, JUST IMAGINE how good you could be if you learned how things actually worked?

Imagine if you could LITERALLY ABANDON all of these “routines” and “constant checks” and “hours of maintenance” and “need for repetition” so that you could have time to actually have a life?

Do you REALLY AND TRULY BELIEVE that after having done something for 20 years that you just haven't QUITE GOT IT YET?

I can understand you haven't quite got it after 1 or 2 months. But 20 YEARS?????

REALLY????

The reason that this doesn't stand out to you like a neon light is because everyone around you is in the same boat. So this has become YOUR “NORMAL.”

This is why you Spin Your Wheels.

This is why you “practice” for YEARS and don't see much

improvement.

This is why you live a roller coaster existence.

What is the answer?

How can you practice in order to become the Best In The World?

Well, this is a deep exploration that I reveal in small and measured doses at just the appropriate times as my clients and I embark upon this beautiful journey. And I create each journey anew, so that it blends into the nature and the DNA of the client with whom I am working.

But I will give you a few insights in this discourse.

True Practice is about UNDERSTANDING SITUATIONS. The situation consists of the environment, the circumstance, and the feelings of the athlete. And the action that he takes WITHIN THIS SITUATION is what is to be learned. For this is what will make him or her TRULY GREAT in CONTEXT OF THE GAME. Isn't it all about what happens DURING GAME TIME?

True Practice is about finding THAT ONE THING that

Fixes NINE. And that comes from learning about how the Mind and how its perceptions CREATE AUTOMATIC bodily movements without the athlete having to become Consciously Involved.

As I said, it is near impossible to relegate such deep understandings and explorations to words on a page.

As my clients learn very quickly, their problem is that they have been TOO MUCH. And, thus, their success lies in SUBTRACTION rather than ADDITION.

With all of my clients I begin with a vision. And then we DISSECT EVERY INCH of their practice and their play so as to help them understand those things that get them to GREATNESS.

I don't care about meager "improvement."

I'm not interest in "taking A FEW SHOTS off someone's score" or "helping one score a FEW MORE GOALS."

I'm interested in working with the professional athlete to create a path to TRUE GREATNESS.

I'm interested in working with the professional athlete

who seeks to become a LEGEND.

If you're not going to be TRULY GREAT . . .

If you're not going to be a LEGEND in your field . . .

If you're not going to be the STANDARD against which all
others are judged . . .

If you're not going to once and for all understand the
Human Mind so that you can get Access to ALL of your
talent, rather than just a small portion of it . . .

Then why do you bother with all of these sleepless nights
and endless practice sessions and constant travel and fatigue
and time away from your family and mental stress and endless
pressure?

If you are going to reach the PINNACLE of your craft . . .

Then get on THE PATH that actually makes this possible.

And I will tell you this: If the path that you are traveling on
has lots of company, IT'S THE PATH TO MEDIOCRITY!

THE PATH will be YOUR VERY OWN. And it will lead to

FREEDOM. And to GREATNESS.

When will you finally stop the following and mimicking
and “practicing” and “routine-ing” and “process-ing?”

When will you stop looking out the window to see IF your
greatness will one day come?

For it will not come UNLESS YOU CREATE IT.

You’ve always wanted to create it.

Isn’t it time you finally did?

What Does It Really Mean To Be The Best In The World?



What I am about to say are the ideals which invest all of my consultations with professional athletes. These are the sensibilities that I look for before I accept someone as a client. And this is The Path that we consistently work toward.

“The Best” is a very subjective term. And it has become the societal standard to define “The Best” according to “performance” and to “relativity” and to “numerical representation” and to “accolades.”

In any professional sport, the one who is deemed “The Best” is the one who Wins The Most.

A word’s definition lies within the eye of the beholder. And the world and the culture is entirely beholden to the superficiality of things. The world has forever been in love with What Is On The Surface.

But could there be something much more significant if we were to look deeper into things? Could it be that one-shot-victories are Just That and nothing more?

I will outline my idea of what it means to The Best. And I do not presume to suggest that this should be Your Idea as well.

We all look at things through our particular sensibilities. And while each of our sensibilities has the potential for having value, I will state outright that if one’s sensibilities are limited to the Cosmetic and Superficial they HAVE NO VALUE AT ALL!

If one’s perspective is limited to Color and Shape and Form, it is of NO VALUE to the world.

Anything of any significance is always found Deeper

than the eyes can see. And is subtler than the ears can hear.

The Best, in my opinion, is not the one who is drawn to Achievement. Or to Medals, or awards, or accolades, or prize money, or world ranking points.

The Best is a man who is ON A PARTICULAR PATH. A path that is paved with the stones of Freedom, Passion, Exploration, Discovery, Experimentation, and Complete and Utter Surrender.

The Best is identified NOT at the end of a match, but at its beginning.

For THE BEST is not a function of “performance.”

What do I mean by that?

I mean that if we have a man who is simply MAD ABOUT HIS CRAFT. If he is so enthralled by it that he experiments constantly with it. NOT TO MAKE HIM “Better,” but to make him UNDERSTAND. He is like a child who sits in front of a puzzle. And everything that he does is an EXPERIMENT.

Every time you see him he is trying new things. He is

LEARNING. He is Exploring. He is lost in Wonder. He tries it this way. And he sees WHAT HAPPENS. He tries it that way.

And he sees WHAT HAPPENS. He is trying to figure everything out. **Not to GAIN something, but to UNDERSTAND IT.**

For him, a tournament is NOT an opportunity to ACHIEVE. It is an opportunity to EXPLORE. It is an opportunity to test the latest ideas he's been working on. It is an opportunity to find What Works and What Doesn't. It is an opportunity to find not so much the answers, but BIGGER AND BIGGER QUESTIONS.

And if this man is exploring amidst the tournament . . .

If he is experimenting with ideas that May or May Not Work . . .

Of course, he is going to experience both success and failure. In fact, he will experience Failure MORE THAN SUCCESS. But he doesn't consider it Failure. He considers this Progress. For he has learned what doesn't work.

And this, my friend, brings him closer and closer TO THE TRUTH!

I know what the athlete is going to say after hearing this: “I can’t RISK a tournament for experimentation.”

To which I will say, “Can you RISK never having known THE TRUTH about your craft?”

Can you risk never having achieved Mastery?

It is an outright tragedy that we teach athletes to Win At All Costs!

Why?

Because if your focus is on winning, YOU WILL NEVER EXPERIMENT!!!!

YOU WILL NEVER EXPLORE!!!!

And if you never experiment or explore . . .

If you never try things that no one else has tried . . .

You will never discover things that No One Else Has Ever Discovered!

You will forever live in your tiny little world of numbers.

And you will never taste the nectar of Discovery. You will never change the sport. You will never take The Game to new heights.

You will simply be another common athlete who bounces on the belly of The Game without ever having learned something Truly Novel.

You will forever be attracted to the meager idea of doing things INCREMENTALLY BETTER THAN YOUR COLLEAGUES.

Isn't that simply a Scraping-The-Bottom-Of-The-Barrel-sort of existence?

This is why athletes these days are CLONES. Originality is almost completely Dead. For no one can find it within themselves to "Risk The Prize."

But it is precisely the athlete who sees NOT RISK, but OPPORTUNITY that becomes THE BEST.

A beautiful example is the legendary snowboarder, Jeremy Jones. Who walked away from the path of accolades and created his own path into the uncharted mountain wilderness.

He tackled peaks that no man in history has tackled. He fell so completely in love with The Search, that the paved paths of “competition” and “awards” held no attraction for him.

And in doing so, he became a Legend.

**THE BEST is marked not by his “performance” but by
HIS PATH.**

Naturally, for one who is so given to his craft and to exploration and experimentation, his “performances” will be noteworthy. But that is because he will NOT FEEL THE
NEED TO PERFORM.

All that he does will be an Effulgence.

His actions will be natural extensions of the sincerity of his
exploration.

Such a man lives in complete Freedom. For he has found
his calling.

AND HIS CALLING CALLS HIM EVERY DAY!

It is not a calling to “achieve” but a calling to PURSUE.

It is not a calling to “Win” but a calling to EXPLORE.

And when I spot such a man, I know IMMEDIATELY that
he is THE ONE.

Not by the way he holds his hands in victory.

But by the way he holds his craft.

A Focus Upon “Technique” Will Cost You Your Career



It never fails.

When I first tell a new client the details behind this secret, they look at me as if I’ve taken their entire world away from them.

Here we have this world class athlete playing in the professional ranks and I’m telling him to walk away from practicing his technique?

Yes. That’s EXACTLY what I’m telling him!

You might ask:

Doesn't the professional athlete have technical flaws?

EVERY professional athlete has technical flaws.

Then why wouldn't he work on them?

Because "working on them" will cost him his game. And his talent.

Let me explain.

For the athlete who has reached the professional ranks, his technique is Sound Enough. It is Good Enough.

The holes in his technique are very often NOT his troubles.

His trouble is his insistence upon Perfecting His Technique.

Why is this a problem?

Because that which is hampering his play is perhaps 5% technique and 95% SOMETHING ELSE.

So do you think that he should spend his precious and limited years as a professional “perfecting the 5%?”

Or do you think he should invest his energies into the 95%?

That 95% will MAKE UP FOR THAT 5% many many times over. But that 5% will NEVER make up for that 95%!

Understand that the greatest athletic performances in history were NOT the result of TECHNIQUE! The putts that fell were NOT “TECHNIQUED” into the hole. The jump shot that was made at the buzzer was NOT “TECHNIQUED” into the basket. The goal that was scored was NOT “TECHNIQUED” past the goalie.

For all of these beautiful moments in time did not come from the 5%. They came from the 95%!

What is the 95%?

Ahhh. We have now entered holy ground.

That 95% is everything OTHER THAN technique.

That 95% is how the human being Sees.

That 95% is how the human being Perceives.

That 95% is what the human being Feels.

That 95% are the Unspeakable Intangibles.

That 95% is what the audience never sees, but the player
can Sense.

That 95% is what the my entire body of work is devoted to.

That 95% is what all of my experiments are centered
around.

That 95% is what my explorations with the professional
athlete are devoted to.

There are THOUSANDS of things within that 95%. And
one could spend a lifetime exploring the beauty and the
magnificence all that lies within it.

That Grand and Glorious 95% is where Champions are
Made.

Understand this: **Masterpieces do not come from**

“Technique.” They came from a technique that has become Techniqueless!

And the more techniqueless it becomes, the more the athlete OWNS IT.

But who has time for such things, right? Who has the heart to dive into the subtleties of his own self? Who has the inclination to TRULY TRULY KNOW? Who has the deep felt desire to extract from himself the FULL SUM of his talent?

This is for very rare individuals. Such individuals do not grow on trees. They are often found sitting beneath them.

The professional world perpetually lives within the world of the bullock cart. Not recognizing that there is a Ferrari available to them.

They forever work in Manual Mode. Not recognizing that there are ways to access an automaticity that is their birthright.

The athlete who is TRULY SERIOUS will abandon all allegiance to technique. He will stop checking and repeating and counting and rehearsing. And he will do this TODAY!

And he will do so because he has FINALLY come to the understanding that his time in his sport is limited. His body is withering with each passing day. And his window of time is closing, as it does for every professional athlete.

And he feels the EXTREME URGENCY to invest ALL of his energies into the 95%. So that he can make the most of his talent. So that he can FINALLY reach the potential that everyone has told him that he has.

Learn, dear athlete. And LEARN BEFORE IT IS TOO LATE!

Learn about how your body truly works. Learn the subtleties of the mind and how it is working right under your nose, WITHOUT YOU EVEN KNOWING IT.

Drop all prescriptions. Abandon all recipes. Kill all memorizations. Destroy your dependency upon technique.

And jump into the ocean of the 95%.

For that is where your True Glory lies.

For if you do not jump into the 95% of that which will make you great . . .

You will become the 95% who never become great.

Bruce Lietzke: The Exception Is The Possibility



Bruce Lietzke is an American professional golfer. I came across his story a few years ago and I became fascinated by it. His story highlights some very valuable lessons for us all.

Mr. Lietzke has a reputation which, by some standards, many athletes would not like to have. He is known as “the man who does not practice.”

There is a famous story concerning Mr. Lietzke and a banana. One season in October, his caddie asked him what he was going to do for the winter. Mr. Lietzke told his caddie that

he was not going to touch his clubs all winter. His caddie was doubtful, and in order to test his boss's assertion, he placed a banana underneath the headcover of Mr. Lietzke's driver. The following February, Mr. Lietzke opened his golf bag to find a rotten banana under his driver headcover.

I read the transcript of an interview with Mr. Lietzke in which I came across one of the most interesting statements I have ever heard from a professional athlete. He said, "It's human nature to want to be better. I don't want to be better. I want to be exactly like I was yesterday."

That is a profound statement.

Here we have a world class golfer who states that he doesn't want to improve. He likes things just the way they are. We have before us an athlete who is content with his game and the limited role that it plays in his life.

Your mind is now likely beginning to think of take-home messages. Do not look at things in bold and straight lines. Allow your eyes to relax their rigid focus and look at the subtleties of this man's message.

This is not a call to arms to abandon your practice. **It is a suggestion to perhaps look at the rigidity of our beliefs and**

TRULY QUESTION if that which we have always been told is really true. To question for ourselves the fundamental tenets that we have forever considered Too Sacred to challenge.

Could it be that the way that you are doing things is NOT because this is the way that your experimentation has revealed to you is The Best Way. But because that's just the way that Every One Else Does Them?

Mr. Lietzke's profound statements do not come as recommendations to others. They are the sincere expression of a man's wholly personal journey. They are an illustration of a man's coming to terms with himself and the perspective and priority that he places upon his work as it relates to the whole of his life.

You may wish to try the following experiment, as I have just tried it on you. If you relate this story to others, golfers or not, you will begin to notice a pattern to the responses that you will receive. I will note some of the comments that you are likely to receive, followed by my responses to them.

He is so talented. He doesn't need to practice.

Are the other players on the PGA Tour not talented? Are

many of them not even more talented than Mr. Lietzke? Why do they “practice?” And why so intensely and so often?

He plays a controlled fade. That’s all he plays. So there’s less maintenance.

So those who play a reliable controlled fade can put away the clubs for weeks and months at a time without any ill effect?

He’s just unusual. How many people do you know like that?

This is precisely the reason to examine his case!

The responses that you will receive will center around the theme that this man is “the exception to the rule.” And this is absolutely correct. But it is not this response that is the most critical. It is the implication that follows. What people say is, “This man is the exception to the rule. And since he is the exception, WE MUST IGNORE HIM!”

This is a potent reflection of society’s way of thinking. The common man is who we must pattern ourselves after. The center of the bell curve is the reality and the edges are the insignificant oddities.

I maintain that it is precisely the opposite. The center is stagnation. The center is mimicry. The center is the past. The center is boring. The center is the rule and the fringe is the anti-rule. The center is yesterday. The fringe is tomorrow.

Excavate the center and you will find dirt. **Excavate the exception, and you may find gold. In fact, it is the only place that gold can be found.**

The center is the status quo and thus it has not the ability to transform.

The exception is pregnant with possibility and thus it is the seed of True Progress.

On Becoming A Soccer God



The professional athletes with whom I have the pleasure of working have garnered some of the most glorious accolades that their sport has to offer. But they find that their world class skill is **FULLY AVAILABLE** to them only occasionally.

The following applies to **ANY** Athlete in **ANY** Sport.

The professional soccer player has magic in his feet. His

problem is that this magic is only rarely accessible by him.

He has developed the skill of a hundred amateurs. But the full sum of this skill is rarely available to him.

He has the vision to see the field. But his vision is often blurred.

Why is this?

Why can the professional soccer player not hold his skill in his hand? Why is he not able to fully access it whenever he needs it?

This is the plight of all athletes. And their plight continues even in the face of *psychological advice* from every direction.

They are being taught concepts such as *emotional control*, *stress management*, and *mental toughness*.

But the truth behind a player's ultimate performance does not lie in such concepts. The source of a soccer player's mastery is not found in these concepts.

So what, then, is The Truth?

How does the professional soccer player access the sum total of the skill that he has labored for years to amass? Where can that ultimate performance that he knows he is capable of be found?

Some will tell him that it is found in his brain. Some will tell him that it is found in his mind. Some will tell him that it is found through *mental toughness*. And still others will tell him that it is found inside a *calm mind*.

The soccer player remembers those rare days that his vision was as sharp as a hawk. When the ball was under his supreme control. When his performance was not *manufactured* by him, but came to him and showered him with all its graces.

Those rare days when the player found himself in *the zone*.

When he was in this zone, was it because his mind was especially tough on that day? Was it because he *managed his emotions* well? Was it because he made his mind *calm*?

The reason that the soccer player was in the zone that day was because he accidentally and inadvertently **transcended his mind.**

He accessed the state of No-Mind.

In the state of No-Mind, the player has full access to his skill. His body naturally responds to the situation with full intensity and appropriate measure. His vision is infused with a sense of profound awareness of the field. **When he approaches the goal he feels the ball in the goal BEFORE it has left his feet.**

In accessing the state of No Mind, the player has achieved Clarity. There are no emotions to manage. *No mental tips* to employ. *No positive thoughts* to use.

He is in a fully responsive state. He is fully attuned to his environment. What needs to be done is done of its own accord. His performance is so complete that he does not need to resort to *performance*.

In this state of No-Mind, he becomes a soccer God. And those who watch him understanding that what they are witnessing is rare and sacred.

Though it is based upon concepts from ancient times, this is the new face of performance. This is what the professional athlete must learn. It is this that he is not being taught. And it is a shame. For it is in this that his ultimate performance lies.

This is the state in which a player's ultimate greatness is found.

The state in which he becomes the player he always knew that he could be.

The state of Clarity.

The state of Knowing.

The state of NO-MIND.

Siddha Performance was created EXCLUSIVELY for world class professional athletes. In order to reveal The Truths to those RARE ATHLETES who seek to become LEGENDS in their Sport. And who seek to attain BLISS in their Lives.

THE FEEL Behind The Feel: A Siddha Performance Secret



There are those players who often say, “I’m a FEEL
PLAYER.”

To which my response is, “As opposed to what?”

Of course what they are trying to convey is that they are
more beholden to “feel” as opposed to “technique” or
“mechanics.”

It is a most unfortunate consequence of modern instruction

that a distinction between “feel player and technical player”
has arisen.

It is an even more unfortunate consequence of modern
instruction that a player known as the “technical” player has
been created.

And yes, he has been CREATED by man. For no such
being has been created by NATURE.

Feel is the currency of the human being.

The subtleties of the earth can be FELT beneath the
athlete’s feet. This is what a professional snowboarder needs
to explore. There is so much more to it than he knows.

The subtleties of gravitational currents that he walks within.
This is something the professional golfer would be wise to
invest great effort into. But of course he is never taught to do
so. He is likely never even heard of such an idea.

The subtleties of a reaction to a perception, rather than a
reaction to reality. This is something that professional golfers,
professional hockey players, goaltenders, professional soccer
players, professional skiers, snowboarders, surfers, and
skaters could benefit from GREATLY!

But FEW ever will. And it is true that most would not do it even if presented with such an idea. But the rare ones WOULD. But they are never told of such ancient ideas and, thus, they will have retired from their sport NEVER HAVING HAD AN OPPORTUNITY TO EXPLORE THEIR TRUE GREATNESS IN THIS WAY.

Unfortunately, like all innocent concepts, the concept of “feel” has been diluted and attenuated through an incorrect understanding. Psychologists often tell players to “write down how they feel.”

This rarely does much good. For the psychologist does not know what he is TRULY asking the player to do. And the player does not TRULY know what he is being asked to do. It seems like a simple enough instruction. But it is not.

But this is all the psychologist knows. This is what his “schools” and his “education” and his “embossed wall certificates” have taught him or her.

When asked to write down what “he feels,” what the player writes down is the “feel” that is the most readily available to him. And this comes from The Mind.

Understand this: To write down what is simply on the surface of the mind is not to have written anything at all.

And thus both the psychologist and the player begin their foray into a journey which ultimately leads nowhere.

Why?

Because their journey leads further and further into The Mind!

So what?

Going deeper and deeper into the mind is like entering a world of a million puzzle pieces that are strategically designed NOT to fit together. But of course, neither the player OR THE PSYCHOLOGIST realize this. As a result, they begin fitting together pieces as best they can, thinking that they are making progress.

But, of course, they are not.

They are simply playing the mind's game. They are doing the mind's activity. They are writing down the mind's feelings. They are singing the mind's song.

They are wading in quicksand without even realizing it.

**THE TRUE FEEL IS NEVER THE ONE THAT IS
READILY AVAILABLE FOR DICTATION!**

The TRUE FEEL is the one you have to dig for. And when you dig for it, you have to extract that feel which is worthy of exploring.

You must extract that feel which leads to Transformation.

And that feel is **THE FEEL BEHIND THE FEEL.**

Everything that we do and don't do in our life is based upon the way that we feel. But we are never taught to examine The Feel Behind The Feel.

But that is where The Truth Lies.

Things such as telepathy, clairvoyance, True Seeing, subtle perception are all detected within THE FEEL BEHIND THE FEEL.

Such things are far too subtle to relate in a written discourse. And this is almost always the case with THE TRUTH. It is discovered through direct exploration, in a face-

to-face manner, through exploration, on the course, the ice, or
the field of play.

Your feel CAN BE your ultimate guide. But you must
become an aficionado at deciphering THE TRUE FEEL.

You must learn what the mind TRULY IS, so that you can
extract those things which come from mind and deal with
those things that come NOT from mind.

The world is in love with Cosmetic Remedies. And this is
why it goes nowhere.

This is why AUTHENTICITY is so rare.

This is why GREATNESS is in short supply.

SINCERITY IS A MUST!

**And these are the things that THAT THAT RARE AND
UNIQUE ONE-IN-A-MILLION SORT OF ATHLETE
will explore.**

Not because he wants to get “better.”

But because he is DEVASTATED by the thought of

**leaving the bulk of his natural abilities FOREVER
UNUSED!**

Because it is SIMPLY UNACCEPTABLE . . .

Just absolutely UNCONSCIONABLE . . .

**For him to have sacrificed and relinquished THAT
WHICH IS HIS BIRTHRIGHT!**

Putting Is Not What You Think It Is



Putting is the Least “Scientific” and Most Instinctual part of golf. And the world of modern “technology”, “business”, and “instruction” will see to it that Instinct is out of the game forever.

There are ways to putt that do not prescribe to any “Way.” There are techniques for putting which serve as a bridge to get the professional golfer to Techniquelessness.

But these are reserved for the very few. For it is the very few who have the good sensibilities to listen to their heart,

rather than their intellect.

What follows is a conversation that I recently had with a professional golfer.

“Doc, I’m going to get a new putter.”

“Okay, let me know when you’ve got it and we’ll get to work.”

“Do you want to come with me? Perhaps I could use your input.”

“I can come with you if you like, but I wouldn’t dare offer my input.”

“Why not?”

“Whose the player?”

“Me.”

“Whose going to hit the putt?”

“Me.”

“Whose going to look at the putter as it sits in front of him?”

“Me.”

“Whose going to feel how the putter feels in his hand?”

“Me.”

“Then why do you need ME?” I said.

He paused for a moment. And then he said, “Well, it’s not just going to be me, Doc. I’m going for a putter fitting.”

Tailors make clothing for individuals who feel that off-the-rack does not fit them to their liking. So the tailor adjusts the lengths of the sleeves and the size of the inseam in order to “fit” the player’s physical structure to his liking.

I can understand a “clothing fitting.” I can even understand a “golf shaft” fitting.

But now we have “putter fittings?”

Yes, yes, I’ve heard all about the “putt labs” and slow-motion cameras. But I wanted to explore this with my client

before he set off on his “putter fitting.”

“What do you mean by a ‘putter fitting’,” I asked.

“They video my stroke and get some numbers and see how the ball rolls.”

“Why do you need that?” I asked.

Whenever I ask such questions I always get looks of confusion. And the reason that I get looks of confusion is because of the following:

When you live within a world in which everyone does the same thing and everyone talks the same talk . . .

No matter how ridiculous the talk is . . .

No matter how illogical it seems . . .

It’s perfectly accepted. For ideas are judged in a democratic fashion. **If the idea is widely accepted, that wide acceptance is its judge and jury. And it is NOTHING WHATSOEVER to do with logic or common sense.**

“When you pick up a putter, does the feel of the putter not

tell you if you like it or not?" I asked.

"Yes. But I want something that's best for me."

"Forgive me, I don't understand what you mean."

He said, "Just because it might FEEL RIGHT, the numbers may tell a different story. And if the ball rolls better, that tells me that that putter is Better For Me, even if it doesn't feel like it's the best for me."

"So what you're saying is that you look at a putter, not as an instrument to wield, but a sort of medicine to ingest?"

"What do you mean?" he said.

"When you are sick, you take medicine, right?"

"Yes," he said.

"Does that medicine always taste good?"

"No, it usually tastes terrible."

"But even if it tastes terrible, you ingest it because it's Good For You, right?"

“Yes.”

“So, this is how you look at putting, as well. You are surrendering YOUR FEEL in exchange for the digital readout of a MACHINE. Because you believe that the machine knows better. Is this correct?”

“You have this freakish way with words, Doc. You always turn things around on me.”

We both laughed.

“I’m not turning anything around on you, my friend. Your discomfort is not the result of my words. It is the result of you coming face to face with the ridiculousness of this idea that you have subscribed to.”

“But I’m not the only one doing this, Doc.”

“And your point is?”

“So tell me what I should do, Doc.”

“You know I’m not going to do that. But let’s explore this, shall we?”

“Okay,” he said.

“I’m not going to judge you. We will go through this logically.”

“Sounds good. Let’s do it,” he said.

“When you strike a ball with a putter, can you not see which way it goes?”

“Yes.”

“Then why do you need a machine to tell you that?”

“To see if my stroke is correct.”

“If you aim the putter on a certain line and the ball travels on that line, that’s a good thing, right?”

“Yes.”

“So what does it matter what type of ‘STROKE’ produced that?”

“Just trying to get better,” he said.

“If you can putt the ball on the line that you intend to putt it, what can be BETTER than that?”

“Okay, but sometimes I feel like I’m aimed one way and the ball goes the other way.”

“Are you CERTAIN that you were aimed the way you THOUGHT you were aimed?”

“Not completely certain, no.”

“So are there ways that we can explore your aim and find out in a matter of about 4 minutes?”

“Yes.”

“Do you know HOW to aim yourself to the left and aim yourself to the right?”

“Yes.”

“Then why do you need a machine to tell you that?”

“Doc, the machine can give you a precise look at impact to see what you’re doing. The human eye can’t see that.”

“Fair enough. When you hit a chip shot, do you use a high speed camera to see what happens at impact?”

“No,” he said.

“Isn’t the wedge moving even faster than the putter?”

“Yes.”

“Can your eyes see what’s happening at impact during that chip shot?”

“No.”

“When you were learning to chip, you made any and all necessary adjustments in order to get the ball to travel on your intended line, didn’t you?”

“Yes.”

“Did you do that with the aid of a machine?”

“No.”

“When chipping, you use your instinct. But when it comes

to putting, you need a machine?”

“So tell me how I should do this putter fitting, Doc.”

“Imagine that you go to a store to buy a new shirt. And when you get to the store, all the employees are busy with other customers. Do you stand there at a loss as to what to do?”

“No.”

“So why is it any different with a putter?”

“I don’t know.”

“I know why it’s different for you. Because your head is filled with all these ideas about ‘Science’ and ‘Stroke Mechanics.’”

“That’s true.”

“Pick up the putter. Setup to the putter. See how it looks to you. See how it feels. It’s weight. It’s ease of movement. How it feels when you strike the ball. How balanced it does or does not make you feel. HUMANISTIC things. NOT ‘Science’ Things.”

We subsequently went to work on the Subtleties of Putting. Green Reading. Perceptions. The Natural Judgment Of Speed.

NOTHING having to do with “stroke” or “path” or “mechanics.”

Putting, the NATURAL WAY.

The modern athlete is at a DISADVANTAGE for living in an era in which technology reigns supreme. While technology has certainly made advances in many fields, its effects have been more detrimental than helpful.

And the reason for this is:

The human being has learned to distrust and separate from the ingenuity and precision that he was born with.

He has been taught to move away from that which he has, toward that which might be.

He lives not within the world of reality. He lives within a world of glimmering mirages.

And by the time that he realizes he has been chasing a mirage, his career has passed him by.

From Where Will My True Voice Arise?



Some time ago, I received a text message. Believe it or not, I only started texting two years ago. I am Old School. In fact, I'm ANCIENT School.

My sensibilities are much more aligned with Literature and Art and making proper conversation through proper word choices, via either telephone or electronic mail. I have since learned to live with the times (somewhat) and now I text a little more often.

This woman referenced a discourse I had written, titled, *The Song You Were Meant To Sing*.

She mentioned that she had read the discourse and that she found my phone number on my website and then she ended the conversation with this statement, “What do I say to you?”

I had no idea what she meant. So I thanked her for her appreciation of my work. And thought nothing more of it.

A short while later, she sent me another text. It read,
“Where will you be traveling next?”

I told her I didn’t quite know what she meant by that question. She texted back and said, “You need to teach me about what you wrote in that article.”

Her messages were quick. And clipped. It was almost as if she was speaking in a Stream-of-consciousness sort of fashion. And it reinforced my ideas of having proper conversations. After a few more Excited and Emotional texts, I agreed to speak with her on the telephone.

This is how the conversation went:

She said, “You wrote in your article, ‘Sometimes the voice that is discovered is the one that sings only for itself.’ When I read this I felt like you were speaking directly to me. This is

what I really want to learn. Can you help me discover my voice?”

“What’s wrong with your voice?” I asked.

She said, “I have managers and audiences and family, and sometimes I feel like this puppet who flies around the world singing on stage for different people. People seem to like it, but there was a time when I sang only for me. Even if I was on stage in front thousands of people, I sang for me. And you know what? I sang awesome. I sang amazing. I feel like I’ve lost that. And I desperately want to get it back!”

No matter our walk of life, or the professions that we pursue, we are human beings. And as human beings, we function best Not when we are pressured. Not when we are stressed. Not when we are anxious.

But when we are INSPIRED!

I have ALWAYS remained true to my central tenet here at Siddha Performance: I accept a client ONLY when I’m inspired by that individual’s vision and/or sensibilities. For this best serves the client, because it brings the BEST OUT OF ME!

This is why I do screening interviews, either by email or telephone.

What this woman said to me MOVED ME.

I said to her, “I love what you just said. Your sincerity shines through your words.”

I put her on the schedule and I flew out to consult with her.

During our sessions together over the next several months, we went through a Beautiful Exploration. I will provide for you a peak into a portion of one of our sessions together.

I sat in a small auditorium. It was completely empty and quiet. I told her I wanted this sort of environment so as to duplicate the scene of her on-stage performances. But I needed it to be a quiet place. And completely empty.

I sat and watched her sing. What a voice, she had. I looked at the expressions on her face. The way in which she swayed slightly and flowed into the rhythm of her song.

After she was done, I said, “That was beautiful.”

She looked me dead in my eye, and said, “That was crap!”

I smiled. For the moment she said that, I KNEW I was working with an ARTIST!

“What was crap about it?” I said.

“It wasn’t ME!” She pointed to her chest and said, “It wasn’t from deep inside here.”

I sat up in my seat. Now I was inspired. Now it was time to get to work. And I tell you as I write these words, this is what life is all about for me. I can feel that inspiration from that afternoon, within me still to this day.

Believe me when I say, THIS IS WHY I DO WHAT I DO!

She said to me, “When I sing, people here a nice voice. They don’t know. But I KNOW! It may be a nice voice. But it’s not my TRUE VOICE! Please tell me how to get my true voice.”

“Your true voice has No HOW.” I said.

“What do you mean?” she said.

“Have you ever kneaded bread?” I asked.

“Yes.”

“When you knead bread, the pressure of your fingers shapes the bread into the form of your choosing, correct?”

“That’s right.” she said.

“Your vocal cords are Not Bread.”

She looked at me. Then she looked away for a moment in deep thought. Then she looked back at me and said, “So what you’re saying is that I’m trying too hard.”

“That’s Not what I’m saying.”

“Then please explain,” she said, as she sat in a chair next to me.

Body language and subtle human gestures are very telling to me. They speak MUCH MUCH LOUDER THAN WORDS. This little act of sitting in a chair and asking me to explain, once again demonstrated the incredible depth of her sincerity TO LEARN.

This is VERY RARE!

I said to her, “If I tell you that you are trying too hard, you will try less hard, won’t you?”

“Yes.”

“If I tell you that aren’t trying hard enough, you will try harder, right?”

“Right.”

“What does TRYING have to do with singing?”

Once again, she sat with this thought for what seemed like an hour. Even though it was only a few seconds.

I’ve done many experiments with singing. And I’ve found that singing is one of those rare human activities that come deep from one’s spirit. NOT FROM ONE’S LIPS!

There is no action whatsoever. In fact, any action destroys the voice. This is what I wanted to explore with her.

I said, “Your voice comes from a certain place. You haven’t lost your voice. You’ve lost that place. And we will devote the entirety of our work together NOT on your song, or your

voice. But on Finding That Place.”

And this is precisely what we did. We explored the nature of her mind. Where thoughts come from. **And how to reach the place of No-Mind. A place in which the human being feels ABSOLUTELY NO INTERFERENCE WHATSOEVER. And thus his or her FULL TALENT becomes available to him.**

And let me tell you that the songs that she subsequently sung seemed to climb to the heavens.

As I've said a thousand times. **PERFORMANCE IS NOT ABOUT PERFORMING.**

It is about exploring the depths of an individual in order to find that beautiful artist within him. And once we go on that journey and discover that artist, **ALL THAT COMES FROM THIS PERSON IS PURE ART!**

The Golf Swing Has NOTHING WHATSOEVER To Do With The Swing



I keep getting asked about the golf swing and how to learn it. Which is quite ironic, since I have been quite firm and vocal about the swing being the least important of all variables in playing Great Golf.

I will outline these truths in this discourse, simply in order to oblige those who are interested. For this is not where my interests truly lie. For performance is an entirely unique affair

and, at the top level of professional golf, it has little if anything to do with the golf swing.

My professional clients sometimes ask me about it. And if they insist, I will help them with their “swing” but I come at it from a standpoint that has **NOTHING AT ALL** to do with the swing. And we do it **VERY QUICKLY** so that we can move on to the **FUN STUFF: THE HUMAN MIND** and **ACHIEVING TRUE GREATNESS.**

And lest you entertain the idea that this is any sort of advertisement for my seeking professional clientele in order to help them with their swing, **THINK AGAIN!** For the clientele that I have, I will heartily oblige them in this manner, in hopes of getting it done so that we may move on to more important matters. But while I am able to teach individuals how human beings learn **BEST**, and learn **QUICKLY**, I **DO NOT** wish to spend my days teaching people the golf swing. This I can assure you.

Okay, here we go.

The golf swing has NOTHING WHATSOEVER to do with your swing.

N-O-T-H-I-N-G!

If a coach is spending his time working on what goes on at the top of your swing, or on your backswing, or the manner by which your transition takes place, or the angle of attack, or the steepness, or the flatness, or the swing plane, you are on a path which:

1) Will never allow you to own your swing.

2) Will always keep you dependent

3) Will never allow you to make changes in the midst of a tournament (as Nicklaus was able to do)

4) Will always keep you on a search which has no end

5) Will keep you looking in the WRONG PLACE
FOREVER!

If you have a launch monitor, either sell it or give it to your kids to use for target practice. But before you give it to them, throw away the cables in order to make sure that it does not turn on.

If you have a swing coach who is teaching you the mechanics of how to swing a golf club, you are simply on the

wrong track.

I have no ill-will against swing coaches. They are certainly trying to do their best in their own way to help the golfer. I do not question their motivations. I do not doubt the sincerity of their intent.

But they are looking in the wrong place.

My views are informed by a combination of intuition, experimentation, observation, and exploration into these matters. I have done little else for more than a decade, as it relates to golf. And through thousands and thousands of hours of living in this world of golf, and applying Eastern methodologies and insights from the way in which learning truly happens, and the manner by which technique was MASTERED in LEGENDARY PROPORTION in ancient times, there are some things that I have learned to be simply incontrovertible.

How much I know about life and performance and all that it entails, perhaps could fit nicely within an oyster shell. And how much I don't know is as vast as the oceans. And this is what keeps me firmly inspired and motivated to Explore and Experiment and Dissect the subtleties of Learning and The Mind, and the manner by which to Become

SUPERNATURAL in one's craft, and create BLISS in one's life.

I have NO INTEREST in impressing upon any swing coach the insights that I have learned. For I have no right to tell another man that he should look at things my way. He is doing things in a way that he feels is best, and why shouldn't he do so?

I have no interest in CONVINCING anyone. I simply put my work into the world and those whose sensibilities align with it are the ones who end up consulting with me.

Here are some of The Truths about the golf swing:

The swing is simply A REACTION to something. And these somethings are at the heart of what the player must address.

The manner by which you "swing" the club is your very own. For it is your own personal way of creating leverage.

The positions of the golf swing need NEVER EVER EVER be discussed.

The "plane" of the golf swing is completely a reaction. And

needs NEVER be examined as an independent entity.

To swing the club on a “certain plane” is to look in the
wrong place. PERIOD!

The position at the top, whether it is “laid off” or “across
the line” is completely superfluous as a point of study.

In fact, the phrase “swing plane” should be completely
abolished and never again mentioned for the player who truly
wishes to own his swing.

No other sport looks at the WRONG THINGS as much as
the instruction that exists in golf.

For the player who truly learns, he should never know how
he swings the club. If someone were to ask him how he
swings or what his positions were, he should be at a complete
loss for words.

Has any swing instructor ever told you that!

Launch monitors are for entertainment purposes only. They
are simply another distraction away from yourself and your
natural instincts.

If the world of golf instruction was TRULY SERIOUS
about helping players learn . . .

If it was TRULY SERIOUS about learning THE
TRUTH . . .

If it was able to divorce itself from the institutionalization
of instruction . . .

If it was TRULY SERIOUS about having players OWN
THEIR SWING . . .

They would abandon the idea of teaching the golf swing.
ALTOGETHER!

They would discard all cameras and videos and launch
monitors and lines on a computer screen.

But how can they?

They are in too deep. There are millions of dollars to be
made by the companies. There are many hands to fill and
mouths to feed. The structure has already been built. And it
cannot so easily be torn down.

This is the case in any profession. People have NEVER

been interested in The Truth. It has become a recognizable trait of the modern and societal man.

Do you believe that the multi-billion dollar pharmaceutical industry is open to the idea that the cure to cancer and all the ailments of mankind are available FOR FREE in the plants that grow in the jungles of the Pacific and the Asian continent?

The ship has sailed, my friends. There is too much money to be made. And everyone is in far too deep.

There is hope for the single-man coach, however. The one who goes about his way honestly trying to help individuals learn. But if he is truly sincere about learning the truth, he will perhaps peak behind the curtain and understand that things are not the way that the world believes them to be.

The Truth is available for he who seeks it. And to know it partially is not to know it at all.

It has come to the point that a player might make 18 holes-in-one, and when he finishes his 18-under-par-round he will ask his coach if he came “over the top” in any of his swings.

The players have, unfortunately, imbibed the “lingo.” They

have simmered in the stew for so long, they no longer see the way out of the pot. They have become a part of the false landscape. And thus they all suffer in the same manner.

What I have revealed in this discourse should not come as any surprise. For it has been this way since the beginning of time.

There has always been the “the norm” and then in the remote corners of the earth there has been The Truth.

The truth has always been discovered by those who understood that the path walked by The Masses is, by definition, the wrong path. The norm is always wrong. The status quo is always mediocre.

And this is why it is the rare few who become great in any field.

Shakespeare, throughout his plays, held to a theme that things are not what they seem.

It is the same in life. And it is the same in golf.

The Truth is not what everyone tells you it is.

And whether it is your swing, or your Mind, or your
performance . . .

Things are certainly not what they seem.

If you seek confirmation of my words.

Just turn your head, my friend.

And look at your own past.

Siddha Relaxation: A Siddha Performance Secret



You have likely had the following experience:

You get a massage, and do yoga (of the commercial variety), and do stretching exercises. And after you do so, your skeletal framework feels more “relaxed.”

And then you bring this subtle framework to the game or the performance, and you feel tight. You feel as if your

muscles are encased in cellophane. As if an adhesive had been applied to them.

What can be learned from this?

We can learn that which no one seems to be interested in discussing: The Truth.

What is The Truth as it relates to relaxation?

That tightness and relaxation are NOT the human body's responses to the muscles or even to the environment.

Tightness and relaxation are the human body's responses to
THE MIND.

Yes! Relaxation is the body's natural response to MIND!

I will not stop there. I will also impress upon you the following revelation.

Are you ready?

Relaxation and tightness is not a function of the STATE of mind. They are a response to the very PRESENCE of the mind.

When you learn the workings of the mind and detach from it altogether, something FASCINATING happens. When I first experimented with it and experienced it first hand, it was a truly Ethereal experience.

I will give you a glimpse:

When you detach from mind, SCORES of things happen. Your life transforms in ways that you perhaps can't imagine.

But as it relates to relaxation, what you feel most intensely and subtly is a peculiar feeling of HOLLOWNESS within yourself. And then, you feel your **ORGANS** relax! You can feel it as plainly as if you can feel your own shoulder.

Your organs seem to DEFLATE. And your internal constitution assumes a suppleness that you have likely never felt before.

The muscles in your face assume a different configuration, as they relax as well. And your lips settle into a slight smile.

For this is the NATURAL pose of the lips.

Look at images of Siddhartha Gautama (The Buddha) and the Indian Saints, and you will see what I mean.

When your internal organs relax and your internal constitution is SUPPLE, your limbs regain their natural elasticity and thus the speed of their movements becomes that of a WHIP!

The actions of the body become AUTOMATICALLY synchronized WITHOUT conscious thought or effort.

In doing this, you are returning to the body's NATURAL WAY OF BEING.

And to return the human being to HIMSELF.

To Subtract from him all of the artificial techniques and mental constructs that he has become accustomed to pursuing . . .

To help him become WHOLE . . .

And ABSOLUTELY AND UNCONDITIONALLY FREE . . .

Is the UNCOMPROMISING aim of all of my work here at
Siddha Performance.

The Tragic Journey Of The Professional Athlete



What I am about to relate to you is something that I not only deal with from a professional consultative perspective, but also from a personal perspective.

It seems that we must live the miseries of life again and again before we one day come to understand the foolishness of our ways.

Let us begin with the end of the professional athlete's journey to the professional ranks.

If you look at the pros in virtually any sport the thing that is hardest to find is Joy. I'm not speaking of the momentary joy that is expressed after a win. I mean on a day-to-day basis.

It is very much a chore. It is a grind. It is WORK. It is a struggle. It is a striving. It is a pain. It is a disappointment. It is an angst. It is a conflict.

This is the overwhelming norm in professional sports today.

I'm not going to tell the professional athlete "to be happy."

I'm not going to tell him that "it's just a game."

I'm not going to tell him to look at "how lucky he is to be playing a sport for a living."

I'm not going to tell him to "keep things in perspective."

I'm not going to tell him to "count his blessings."

Instead, I'm going to tell him that I COMPLETELY

UNDERSTAND.

When this athlete was a young child, he took to the game and played it for what it was. It was a joyful action. It was innocent. It was pure play.

Then something Unfortunate happened: **He began to show promise.**

I will digress for a quick moment to say that the children who SHOW NO PROMISE live much more peaceful lives.

When he began to show promise, those around him sought to “develop his talent.” Their motivations in doing so are completely understandable. For they wanted to allow this child the opportunity to play a sport for a living.

I have no quarrel with such a motivation. They wanted to provide this child with all the opportunities that he had available to him.

The problem is not with the innocence of such a motivation. The problem lies with the very nature of ambition. Whether it is ambition for oneself or ambition directed toward another.

For what happened next would set into motion a sequence of events that would seal this young athlete's fate into a world of inner turmoil.

The problem with human beings is that, although things may begin as pure, they are soon corrupted. And this is the result of the mind.

This child was then subjected to rigorous training sessions and competition and awards ceremonies and constant comparisons against other children. **He quickly went from being a child to becoming a number.**

There were times that he lost interest in the sport, but his advisers told him things like, "with talent comes responsibility." And he was thus taught to "strive" and to "achieve."

There are some who, to this point in this discourse, have not discovered anything "wrong." They feel that such things are part of the road to success. And, in fact, this is the model for every athlete to follow.

I cannot blame them. For, at one time, I too was of the same belief.

This young child was branded as an “athlete” at a very young age. He stopped living his life as a child. And he began living the life of an “athlete.”

He was enticed into abandoning the life of who he is, in exchange for a life of who he would one day become. And the ends would absolutely justify the means.

As he grew into a teenager and a young adult, he played in bigger and bigger tournaments. He lived under the constant weight of pressure. And, in fact, he was told that pressure is “good for you.” He was even told to “practice under pressure.”

He was told that anxiety was good, and nervousness was okay, and fear was natural.

And thus he imbibed all of these instructions until he lost **ALL OF HIS FREEDOM.**

He made it to the professional ranks. And, though there was the initial joy of having made it, he imbibed the culture around him. The culture of being told what to do and how to do it. For “he was in the big leagues now.”

And when things didn’t turn out well, he became very

frustrated and angry, for fun was nowhere to be found.

But when he reflected upon it, he really hadn't had fun since his days as a young child. Since then it was all Striving and Preparing and Strategizing.

The joy had left long ago. And in its place was the desire for Achievement.

Does this mean that you don't train the child at all?

Does this mean that you let him play as he wishes?

Does this mean that you keep him away from competition?

Does this mean that you allow him to continue at his own pace?

Does this mean that you allow him to forego practice whenever he wishes?

I am not going to provide you with an answer to these questions. For these questions are UNANSWERABLE.

The answers do not matter. What matters is that we see deeply into the situation. What matters is that we understand

that the long faces of professional athletes are the blossoming
of a seed that was sown in their childhood.

And if you walk inside the ropes these days you will see the
intensity of the frustration amongst those “who play a game
for a living.”

And it’s not their fault.

If they must learn anything, it is that “performance” is not
the way. It is an intense look at where they are and what they
feel and where they want to go.

And most importantly . . .

HOW THEY WISH TO FEEL AS THEY GO THERE.

It matters not if you win all the championships and become
the best player in the world.

If the journey wasn’t a joy, you paid too great a price!

And moving forward, do you wish to spend your humanity
as you have done for so long?

Or is it time to find a new path?

A new way of living.

A way of living which does not proceed according to a new answer. But to a new set of questions.

For the moment you change the question, you immediately change the path!

Is There Not Something Wrong With This Picture?



Human beings can get used to anything. And once they get used to something they forget what it feels like to be away from that something.

Examples of this can be seen in the world's most penal prisons. Despite the treacherous conditions, after the inmates have lived there a while, their being no longer protests or revolts. They simply get accustomed to it. They become an INMATE.

Confinement within a prison is a most appropriate analogy for modern day athletes and their sporting environment. For virtually all of them are Inmates within a prison.

They may seem to walk as Free Men. But free they are not. And if they are even a wee bit honest with themselves, they will find the courage to admit it to you.

Let us look plainly at the quite ridiculous scenario, shall we?

We have a field of highly talented professional athletes. They have spent years honing their craft.

They decide to enter a tournament.

When they arrive at the tournament, they see scoreboards and leaderboards and a finely shaped hunk of metal that is called a “trophy.” This trophy is displayed for all to see.

The athlete begins to practice. He is practicing for the tournament. Some of the athletes find that something is off with their technique, so they become worried about their technique. Other athletes find that their technique seems solid that day, so they become “happy” because of their technique.

Whether they are worried or happy, they now have interference from the mind. For both worry and happiness are mental agitations. They are not equanimity.

For the athlete who is worried about technique, a full 80% of the worry is the result of the anxiety about not feeling that he has the proper technique. And this will be his undoing. For if it did not trouble him, he would find a way to PLAY with any form of faulty technique. He is a professional, after all. But because this has caused him strife, the 20% fault becomes 100% failure.

Is there not something wrong with this picture?

For the athlete who is happy with his technique, understand this: The very fact that he is happy with his technique is an ominous sign.

Why?

Because if he is happy when his technique is “on,” you can be firmly certain that he is unhappy when his technique is “off.” He will forever remain only ONE BAD SHOT AWAY from “unhappiness.”

The athlete who has cultivated equanimity. The athlete who

has spent the necessary time to learn and understand his mind and the circumstances that surround him, will have learned that his technique will be “off” and “on” forever. He becomes not swayed by it. When it is on, it is on, and he is not “happy” because of it. When it is off, it is off, and he is not troubled because of it.

**This man has spent his time well. He has cultivated one of the most universally prized traits in existence:
Equanimity.**

Aside from using it as a prescription and a punchline (“don’t get too high or too low” and “keep an even keel”), who preaches equanimity these days?

You become like the company you keep. And if the company you keep lacks equanimity, it takes the rare man to go against this popular grain.

Athletes are not taught to be equanimous. They are taught to STRIVE. They are taught to COMPETE. They are taught to WIN. They are taught to DEFEAT.

This is shear and utter FOOLISHNESS!

The individual who does this simply does not understand

the mind. And he pays a GRAVE PRICE for this.

Why?

Because to cultivate such ideals is to cultivate MIND in its ugliest form. If you cultivate these ideals, though you may win every tournament you play, you will in STRIFE FOREVER!

YOU WILL NEVER KNOW PEACE!

And if you are going to play a game, and yet you never know peace, why play at all?

Is there not something wrong with this picture?

The athlete comes to the field whole. He comes with his talent in tow. But when he sees or thinks about the finely shaped hunk of metal, he gets nervous. He gets tense. He feels fear.

And when he feels these things, he begins to question everything about his talent and his technique. And when he begins to question it, he loses his freedom.

And when he loses his freedom, what was once automatic,

now becomes manual. What was once certain, now becomes
uncertain.

This athlete that arrived whole now finds himself UN-
WHOLE.

This athlete that arrived with his talent in tow now
questions this very talent.

For what?

A finely shaped hunk of metal.

Is there not something wrong with this picture?

Although he already has the respect and admiration of the
public, BEFORE THE MATCH BEGINS, he feels the need to
hear their applause at the end of the tournament, and thus he
once again feels fear and pressure.

In other words, though he receives the applause FOR FREE
at the beginning of the match, he lives in strife throughout the
entire match so that he may hear the applause for A SECOND
TIME at the end of the match!

Is there not something wrong with this picture?

It is not just the finely shaped hunk of metal, the money, and the applause, it is also that his “performance” determines his playing privileges. He must play “well” in order to qualify.

But if he suffers from apprehension, anxiety, and fear
BEFORE THE MATCH . . .

And if he lives with apprehension, anxiety, and fear
DURING THE MATCH . . .

He wants to make sure that he gets his playing privileges so that he can CONTINUE TO SUFFER AGAIN AND AGAIN
IN FUTURE MATCHES??

And playing with anxiety and fear will, in most instances, sabotage his efforts for playing well, in any case.

Is there not something wrong with this picture?

Then he goes off to find some help from a psychologist. And instead of helping him see the foolishness of his outlook and the lamentable state that he finds himself in, the psychologist tells him that “nervousness is GOOD!!!”

The psychologist tells him that “the research has shown”

that “ANXIETY IMPROVES PERFORMANCE!!!”

And so the athlete now even has a CERTIFIED LICENSE
TO SUFFER!!!

Is there not something wrong with this picture?

The psychologist then gives him a few tips to help him
“DEAL WITH” and “MANAGE” his anxiety and his pressure
and his tension and his strife.

Let me ask you a question: Do you know any individual,
EVEN ONE, who goes to a physician in order to get some
TIPS on how to “DEAL WITH” or “MANAGE” their
CANCER?

People don't seek medical help in search of “TIPS.” They
seek medical help in search of a **CURE**!!!!

If you seek tips to help you “deal with” or “manage” your
anxiety and pressure, what you are essentially saying is that
you have accepted the fact that you will FOREVER have to
live with anxiety and pressure and that the best you can hope
for is to get tips on how to “deal with it.”

Even the violent conquerers of ancient times had more

mercy than this. For even they understood that a quick death is much better than this slow and torturous death that you describe.

Is there not something wrong with this picture?

And now we have the ultimate prescription. The psychologists have really outdone themselves now. The athlete is told to “ENJOY HIMSELF.” The sports psychologists tell him to “change his body language,” and “walk with his head high,” and have a “post-shot routine,” and to ACTUALLY FORCE A SMILE, even though he doesn’t feel like smiling!!!

An athlete who PLAYS A SPORT is supposed to FORCE A SMILE?

A game that is supposed to be played out of enjoyment, now has “ENJOYMENT” as a REMEDY and a TIP??

Is there not something wrong with this picture?

I will not end this discourse quietly. For this predicament is SO TRAGIC that it is too difficult to keep quiet.

Oh talented athlete . . .

YES, I'M TALKING TO YOU!

If, ON THIS VERY DAY, you do not sit back and take a wide and deep look at the lamentable circumstance in which you find yourself . . .

If you do not attempt to see the PRISON in which you have lived for all of these years . . .

You will live a life of torment and suffering for the rest of your career!

How Does An Athlete OWN His Technique?



The most tragic consequence of modern instruction is the Severing of the union between the athlete and his Instinct.

The modern professional athlete has been robbed. He is a man without a soul. He roams the fairways and the playing grounds in search of a helping hand.

He arrives at the doorstep famished and worn, desperately in need of a pint of “instruction.”

If every instructor and camera and video and gadget was suddenly outlawed the world over, the world would begin to see the emergence of Ben Hogan's.

Instead, the world sits witness to a legion of automatons.

Moe Norman owned his swing.

Ben Hogan owned his swing.

The legendary hockey players of old, from Borje Salming to Peter Forsberg to Bobby Orr to Vladislav Tretiak owned their techniques.

Rick Barry owned his underhand free throw style. Kareem Abdul Jabbar owned his sky hook. Magic Johnson owned his no-look pass.

Moe Norman and Ben Hogan owned their swings because they were given a wonderful opportunity.

What is that opportunity?

Their opportunity was to have lived during a time in which there were no "machines" and "instructions" and "video

cameras.”

Because they had no such assistance, they were not “encouraged” but FORCED to manufacture it on their own. It was a sink or swim situation.

And man does best in sink or swim situations. If he is given a hand out, he will grab it. If he is given a way out, he will take it.

If he is given NOTHING, he will create SOMETHING!

Why do modern players NOT own their techniques?

The simplest answer is: **Because they are not given the opportunity to do so.**

Understand this: Living in the world of SINK OR SWING is not a hardship. It is a LUXURY!

When a man has OPTIONS, he is BURDENED by having to make a decision. He sees dangling carrots which he must either reach for or fight against. This is very difficult.

It is far more difficult for an athlete to choose the path of Independence and Self-Reliance in today’s world than it was

in yesterday's world.

Technology and Instruction is not a boon. It is a CURSE!

The rich man is always more troubled than the poor man.
For the rich man has more questions to answer and decisions
to make.

**The poor man's life is simple. For the path is clear. And
the options are few.**

What can the modern athlete who lives in
UNFORTUNATELY rich times do if he wishes to OWN his
technique?

The first question is: DOES HE TRULY WISH TO OWN
IT?

As is always the case, this question is not as innocent as it
sounds. I am NOT asking if he "WOULD LIKE" to own it.

I am asking if it is in HIS BONES to own it!

I am asking if his ownership is for him a NON-
NEGOTIABLE element of his professional life!

IF it is, then come close and Listen . . .

If you had never been TAUGHT IT, you would have by now OWNED IT.

But because you were Taught, you became addicted to the Teaching. You became utterly convinced that your progress depends upon the advice of another. And that if you do not receive that advice, you cannot reach your goals.

But if your goal is OWNERSHIP, you must understand that what you will create must come from that which you already KNOW.

You must understand that the house that you build must be insulated by the skin of your own chest. That its rafters must be made from your own ribs. That its roof must be covered by your own hair.

In this way, your learning will happen QUICKLY. And you will pave the way to ownership.

Why?

Because you will not have to MEMORIZE and THINK and DELIBERATE and MIMIC something that comes from

outside of yourself.

Because the building blocks are YOURS the final product
will be yours.

And the beauty lies in the fact that it will be YOURS even
during the building process.

Understand this: For as long as your house is built upon the
words of another, you will forever be dependent upon the
other when the house begins to leak.

AND BELIEVE ME, IT WILL DEFINITELY LEAK!

But if the house was built upon your own constitution, you
will have the wonderful luxury of consulting with
YOURSELF.

This lessens the travel time, does it not?

Ownership comes from an **INSATIABLE DESIRE TO
OWN.**

**It comes from a belief that that which is possible FOR
you will forever come FROM you.**

Your Greatness is not a neat and clean science.

It is a wholly unique fingerprint.

It is made from the unique and patchwork and unteachable and illogical, yet WHOLLY CREATIVE ART that is YOU!

My dear friend, nature does not make carbon copies.

Why should you?

The Insight And Futility Of Press Interviews



Most press interviews are a waste of air time.

We have a reporter who is interviewing a player who has just won an event. And it becomes painfully clear, as evidenced by the questions he is asking, that he has no interest in the REAL TRUTH about things that actually matter.

We also have sit-down interviews in which the interviewer will have an extended period of time to really go into the meat of things, and the interviewer spends his time asking

nonsensical questions.

In my opinion, if a reporter EVER begins a question with, “How does it feel . . .” he should be reprimanded for wasting the viewers’ time. For nothing can be gained from this question in this particular setting.

Usually the question is, “How does it feel to get your first win?”

What kind of question is that? What purpose does it serve?
What insights does it provide?

If an interviewer EVER asks the person’s favorite color, or where they go for lunch, or how they feel after winning, they should be FIRED ON THE SPOT. For air time is expensive.
And it shouldn’t be allowed to be WASTED!

The problem with society is that NO ONE is interested in the truth.

If they were interested in The Truth, they would ask questions which would TRULY attempt to capture why it is that the player performed so well on a given day.

They would be coming apart at the seams WANTING TO

KNOW WHY!!!!

This is how such an interview would go. We will use a golf tournament as an example, but this EASILY applies to any sport.

Player: P

Interviewer: I

I: You shot 63 yesterday, followed by a 67 today. A wonderful performance. Why do you think you played so well these last two days?

P: Well, I've been working hard at my game and it paid off.

I: For the last 12 tournaments, your scoring average was 71. Did you not "work hard" before those tournaments?

P: Sure. Here on tour we have to work hard all the time.

I: Then I don't understand why you've been at roughly 71 and now, all of a sudden, you shot a 63 and a 67 back-to-back. What's the reason?

P: Well, I really have a good team of individuals around

me.

I: Did ANY of those individuals hit a single shot for you in this tournament?

P: No.

I: Haven't you had this EXACT same team around you for the last two years?

P: Yes.

I: So, as far as "the team" is concerned, NOTHING HAS CHANGED. And yet you still played amazingly well this week. WHY?

P: Well, I really gave it a hundred percent this week—

I: Didn't you give it a hundred percent last week? And the week before? In fact, last week you said you didn't leave anything in the tank. But you still only shot 70. Why did you do so well this week?

P: Well, I've been working with a sports psychologist. He told me to keep an even keel and to stress the three D's.

I: Did you focus on “keeping an even keel” and did you make sure that you did the three D’s during this amazing performance? Tell the truth, we’ve scrambled your sports psychologist television signal in his hotel room, so he won’t be able to see this interview.

P: Actually, I didn’t really think about anything. Not about an even keel or the three D’s or anything.

I: Then what was it?

P: Well, I’ve been working on a few things with my swing and it seems to be clicking.

I: Forgive me if I’m wrong, but in the last interview I heard you tell the reporter that you actually hit the ball BETTER on the first day of the tournament. But you came away with a 71.

P: Well, that’s true. I did hit the ball better on Thursday.

I: Then, can you please help me understand? Because I still don’t get it.

P: You know, I really tried to hold it together today.

I: I’m sorry, I don’t understand what that means. Care to

elaborate?

P: On six and nine, I didn't get up and down and I told myself to stay with it.

I: Are those the only two holes in your entire life that you failed to get the ball up and down?

P: Of course not.

I: When you failed to get the ball up and down in the past, did you tell yourself to "stay with it."

P: Yes.

I: Did you shoot 63 or 67 on those days?

P: No.

I: Then I don't understand. Can you please help me understand why you did so well this week?

P: The putts just sort of fell, today, you know?

I: Did you have the same putting stroke the last 6 months?

P: Yes.

I: You sure you haven't changed your putting stroke just prior to this week?

P: No.

I: So why did the putts fall the last two days and not the previous 6 months?

P: They just sort of did.

I: Are you telling me that you got lucky?

P: Well, some things have to go your way when you play this well.

I: So you believe it was LUCK. Not just one day of luck. But two days of luck?

P: There's always some luck, sure.

I: But you are implying that it isn't ALL luck. So what's the other reason? The MAIN REASON.

P: I don't know what you want from me.

I: I understand that you're not used to this. I know that this is not what you signed up for. I know that you're used to elevator chit-chat and reflexive cliches. But I'm a very inquisitive individual. I admire your talent. I believe that there is something to be learned from you. But I beg you to move beyond the cliches and talk to me like a human being. For I admire the way that you played. And I seek to learn from you.

P: I appreciate that. But I really don't know what else to say.

I: Perhaps what is left to say is the very thing that you've avoided saying.

P: What's that?

I: That you have absolutely No Earthly Clue as to why you shot 63 and 67!

P: You know, that's probably true.

I: So it wasn't your swing?

P: No, because I hit it better on Thursday and shot 71.

I: And it wasn't your "self-talk" ("stay with it")?

P: No, because as you said, I've said that before and didn't have near as good a performance.

I: And it wasn't your sports psychologist?

P: Well, no because I didn't think about having an even keel and doing the three D's. Not that it's bad or anything. I just didn't think much about anything at all.

I: I thank you for your honesty. It wasn't so hard, was it?

P: Actually, it was much harder than playing the tournament!

I: Shall we explore that?

P: Not right now. I think my head's about to explode.

The last person to ask about why they played well is the player himself. It is the same with players who are very talented at a particular sort of shot. If you corner them, they will feel compelled to PUT INTO WORDS that which comes naturally. But they will fail. And, often times, what they tell you they do is not actually what they do. And they don't even

know it!

But they don't need to know it. Because they already
HAVE IT!

They were put in the UNENVIABLE position of HAVING
TO EXPLAIN!!!

And I guarantee you this: **Because they don't know HOW
they do it is why they do it so beautifully.**

There is something much deeper that hasn't been explored.
And it seems the greatest irony is that those who seek the truth
are afraid or unwilling to look beyond the surface of the noise.

The masses never know the truth. The popular opinion is
ALWAYS wrong.

It takes a sincere exploration into, not the player, but the
human being in order to discover from whence great
performances arise.

The Dream Hockey Game



They say that a man can't have it all.

I say, Why Not?

Man has become accustomed to the idea that he only deserves a limited quota of joy. And once it is up, there is an obligatory 24-hr waiting period before he is allowed to receive the next dose.

Let us apply this to professional sports.

A professional hockey player is carrying the puck across center ice. He makes it past the blue line. He skates through two defenders. He toe-draws it into the slot. He shoots the puck past the goalie, glove side.

The game is now tied. He celebrates with his teammates. His coach pats him on the helmet.

There is now 45 seconds left on the clock. The coach tells them that they must win this game in order to extend the series.

They all “know” that the season is on the line.

And as soon as this thought comes, they begin to squeeze their sticks. The muscles get tight. The reflexes are gone. The fluidity has disappeared.

What was once a game has now become a job. What was once a show of freedom and grace and wild abandon has now become a situation of CONSEQUENCE.

This is what happens for most.

And for them, what just three minutes ago was a dream.
Has now become a hope.

There are some who relish this stage in the game. They seem to come alive during the final seconds. But EVEN THEY are incredibly disappointed if the game ends in a loss.

The dream has died.

Let me ask you a completely Wild and Impractical Question: What if the entire game could be a dream?

Almost as if you were divorced from all manner of meaning and consequence?

What if the game had ABSOLUTELY NO SIGNIFICANCE?

I'm not talking about "in the scheme of things." I mean RIGHT HERE. RIGHT NOW. No significance. No meaning. No consequence.

To play is if this were the only game you were ever going to play. Not ONE OF MANY. Not one of the games IN THE SERIES.

THE ONLY ONE!

EVER!

A game in which you sacrificed life and limb in every play.
A game in which you had no thought of self-preservation. A
game in which there was no “dangers” or “risky plays.”

A game in which, though you might be ahead 3-1 with 4
minutes left to play, you REFUSED to send the puck down
the ice in order to use up time on the clock. Instead, you
wanted to see if you could make it 10-1.

Not to boast. Not for pride.

But because you only had 4 minutes left to P-L-A-Y. And
you wanted to ACTUALLY PLAY with every ounce of your
ability during that four minutes, instead of “strategizing” and
“running down the clock.”

For the winning did not seem to provide you with near as
much joy as seeing if you could score 7 goals in four minutes.

Rather than “staying in formation” and “collapsing” in a
fetal position during a penalty kill, YOU ATTACKED!

What if you were the ONLY team in the NHL who treated penalty kills like power plays!

Perhaps the time would come that no team would ever dare to suffer an infraction against you, IN FEAR of having to defend against your PENALTY KILL!

Wouldn't that send teams into a tail spin?

Wouldn't that give rise to a new dream, instead wasting away within the monotony of the "safe" reality that is expected of you?

In order to satisfy the suits in the booths, would this not increase ticket sales? Would people not come from East and West in order to watch a team that played like that!

The sort of team that was so unpredictable that THEY THEMSELVES had no idea what they were going to do until the situation presented itself.

A team in which the players' ability to create was so HIGHLY VALUED, that they were released from the imprisonment of "play-books."

Increased ticket sales. Opposing teams on edge.

Unsurpassed player enjoyment. Increased revenue for the team. And, most likely, an increased morale and, thus,
PERFORMANCE!

Who could possibly want such a terrible combination,
Right?

The back offices are always talking about putting an entertaining team on the ice, aren't they? Then why are they so committed to the cookie-cutter boredom that is the complete antithesis of true entertainment?

If, in the end, it's all about REVENUES, will this not give them more revenue than they ever dreamed? If they wish to stick to the MONOTONY and the STATUS QUO, why go to the trouble of having the team play at all?

Why not simply sit in the locker room and pass around a hat for donations?

Sir, you paint an appealing picture, but no thank you. We will stick with our one-goal games, predictable defensive strategies, one-shot-on-net power plays, running down the clock for "safety," and a deer-in-the-headlights-sort of hesitancy to shoot the puck in order to "wait for the perfect play to unfold" which will likely not happen until after the

Second Coming Of Christ.

I understand the hesitancy, my dear friend. For conformity
is a powerful force.

Dreams are dangerous things. And it takes a rare human
being to live them as reality.

But in the end, it is not the hum drum of “reality” that
human beings crave. It is the DREAM. They pay to see a
dream. The players crave to PLAY A DREAM. And the
coaches crave to coach a dream.

Will this ever happen?

Perhaps only in our dreams . . .

On Form, Technique, and The Flight Of Butterflies . . .



There was once a dinosaur who had a broken nose. The dinosaur stood 100 feet tall and he had broken his nose on a tree branch. He asked a man for help with his broken nose. The man looked up and, even from this great distance, he could clearly see that the dinosaur's nose was broken.

The man went to get a first-aid kit and began working on the dinosaur's foot. He cleaned the foot and massaged the foot and wrapped it in a nice bandage and he stood back and admired his work.

The dinosaur thanked the man for working on his foot. But then he said, “Sir, while I am most appreciative of the time and care you have spent mending my foot, I must confess that my foot is in perfectly good condition. It is my nose that needs mending.”

To which the man replied, “Dear creature, I fully recognize that it is your nose that needs mending, but I am not tall enough to reach your nose. So I decided I would do the next best thing and work on the part of you that I can reach.”

Teaching and coaching is performed as a matter of convenience. It does not focus upon that which is the essence. It focuses upon that which is most easily within reach.

It does not experiment with the hub. It focuses upon the rate at which the wheel turns.

And because it does this, it chases mirages.

And the greatest mirage of all is FORM.

Teaching FORM is like attempting to manipulate a shadow, instead of exploring that which is being shadowed.

Why is this done?

Because that which is most tangible is the easiest entry point. That which is most graspable is the simplest twig to take hold of. That which can be measured and prodded and recorded and analyzed is the most obvious thing to “FIX.”

But to do so is to fix a perfectly good foot, whilst the nose remains broken.

A coach often tells the athlete, “Okay, watch me as I do it. This is how it is done.”

But what he doesn’t understand and no one seems to ever talk about is that in watching the coach do the movement, the student sees only the FORM. And he or she sees the form that is MOST EVIDENT. The student sees that which is most obvious.

You see, the coach misses the broken nose as he teaches the student FORM. And the student misses the broken nose when he watches the coach perform it.

Understand, my friend, that the eyes gravitate toward that which is most dramatic. But the dramatic comes from the subtle. And the subtle is not detected, even by video cameras.

For video cameras simply record FORM on a slower scale.

When the athlete MIMICS the coach's form, he or she is NOT mimicking what the coach hopes that he will mimic. He is mimicking that which his eyes see! And what his eyes see are the movement in its FINISHED PRODUCT FORM. But understand, that this movement in its finished product form is NOT a movement at all!

It doesn't exist!

Why?

That beautiful picture on your high definition plasma screen is stunning, is it not? But this beautiful picture does not in and of itself exist.

What are you talking about, Doc?

I'll tell you.

Walk very close to your television screen and look close at the picture. You will see that that beautiful picture has devolved into a haphazard and unimpressive picture. It is made up of a million pixels going every which way. And if this was the picture on display in the store, you would

NEVER have bought this television.

As you stand a few inches from the screen, you will discover that it is this ugliness of pixels that gives rise to the beauty of the picture.

You will see that this electronic Noise gives rise to the symphony that you experience.

You may think that my message is that what supports the beautiful is the ugly. That it is like the raw and haphazard strings behind the curtain of the beautiful stage.

You might think that this is akin to the caterpillar becoming the butterfly.

But if you think this, you will have not seen what needs to be seen. You will have missed.

Look back at the screen. And slowly back away from it.

Do you see it, my friend?

Have you seen the truth?

There is no stage. For it is all strings.

There is no butterfly. It is still the very same caterpillar.

THERE IS NO BEAUTIFUL PICTURE INDEPENDENT
OF THE PIXELS!

THERE ARE ONLY PIXELS!

It is the same with technique.

The FORM that you see . . .

The beautiful movement that the coach presents to you . . .

Is a complete illusion. For it simply does not exist. It is a
COALESCING of all the pixels.

What are the pixels in the movement? The finer and
imperceptible movements.

Naturally, you will ask the following question, “So shall I
not learn the fine movements, one by one, and BLEND them
together?”

Indeed, this is the philosophy that is the backbone of
teaching technique the world over.

But there is a problem with this.

When the coach teaches you the FINER PIXELS, how is he teaching them to you? What is he teaching you?

He is teaching you by diving into his own understanding of the movement and extracting that which is MOST READILY VISIBLE TO HIM.

What is that?

FORM!!!!

What makes his movements a symphony is the arrangement of his pixels of fine movement. But he is only AWARE of A FEW of the pixels. And those are the ones he teaches to you.

The sum is always greater than the parts. If it weren't we could teach people to become PICASSO's on a daily basis.

If you removed 80% of the pixels from your television screen, the remaining 20% would make the sort of picture that you could never watch.

It is NOT the coach's fault. For he is doing his level best.

But in approaching teaching in this way, he is limited in what he can impart to you. And in learning this way, you are limited in what you can learn.

This is why it takes so long. This is why it is called a
LONG PROCESS.

But even if you learn it, it one day falls apart. Because the small pieces that you learned are held together by glue. And this adhesive has a shelf-life.

You see, it is ONLY the whole that remains whole. It is only the whole that is seamless.

Reassembling a broken piece of glass, no matter how carefully it is done, can NEVER resemble a whole glass. The fault lines will always be its major sources of weakness. And one day it will inevitably break again, precisely along those lines of breakage.

It will always be fragile. And it will never truly be whole again.

Every beautiful thing that you see does and does not exist. It exists as beautiful matter. But that matter is not solid. It is the result of a beautiful and genius arrangement that cannot be

mimicked.

And if you try to mimic it, the same way that you try to mimic a movement, you will be mimicking that which does not exist.

You will be mimicking the shadow, and missing the reality.

If you blend it, there will be seams.

If you mend it, it will break.

FORM comes from formlessness. It exists only within textbooks. And within the fertile world of imagination.

The athlete must learn the ESSENCE. And from this essence will arise his own unique FORM. But the coach that teaches him this must first learn to see with something other than his eyes.

Man has made it a habit to use jet aircrafts as taxi cabs. For he has forgotten that they can fly.

If he wishes to see humans being fly, perhaps he should stop clipping their wings.

Are You Telling Me The Coaching Establishment Is All Wrong?



Dr. Gupta, I've been reading your writings for a long time. I've even implemented some of your strategies. I've been a golf coach for over 34 years. I've coached touring pros and high level amateurs. I've even played professionally. I'm willing to see The Truth, as you say. But I really cannot wrap my mind around the possibility that the coaching establishment the world over, regardless of the sport, is wrong. There are billions of dollars being spent in teaching technique to golfers, and also to athletes

in other sports. Are you really telling me that they are all wrong?

Dear Coach,

If I simply said, “Yes, they are all wrong,” you would remain in conflict between what I say and what they say. And you would bend your brain in trying to decide who among us is Correct.

Allow me to free you from having to make such a choice. It isn't about me. It has never been about me. It is about The Truth. And, in my life, I am subservient to NO MAN. I am subservient to The Truth.

Let us talk about the manner by which to arrive at The Truth, shall we?

You must first understand that we, as egoic human beings, are beholden to our ideas, precisely because they are OURS. And we will travel to the ends of the earth in order to justify these ideas, no matter how illogical or preposterous they may be.

Such is the power of Ego.

Understand, that I have NO NEED for you to come to “my side.” For I do not get joy in pointing out that others are “wrong” and I am “right.”

I gain joy from having left the Wrong Path, and arriving at the Right One.

I am willing to go to the ends of the earth in search of The Truth, even if it means publicly denouncing my own ideas. I’ve done it before. And I am willing to do it again and again until I refine my understanding of The Truth to such a degree, that there are simply no more questions. There is only The Truth standing naked before me.

It is only if YOU are willing to do the same that we can walk TOGETHER on this journey.

Allow me to begin with some of the guide posts that have led me upon this journey, and keep me tied to it.

It does not rain because the sky wishes it to. When the atmospheric conditions are ripe, rain falls.

And when they are not ripe, rain does not fall.

Small planets move around larger ones in a gravitational

orbit.

There is no volition. There is no “choice.” There are no
“decisions.”

Nature was made complete in itself. And the intelligence
that made nature appeared to want to create things in such a
way that they self-governed and required no outside agency to
Correct or to Guide them.

Simply look at the Seasons and the Trade Winds.

It is all a beautifully self-encapsulated design, is it not?

A human being was created from matter. He was created
from Nature.

And thus a human being is a form of Nature itself.

Is he not?

So if a human being has developed a certain ability through
his years of training, be it kicking a ball, throwing a stick,
hitting a puck, or swinging a golf club, is it actually possible
for him to “LOSE IT?”

Is it actually possible for him to LOSE an ability that he or she has already acquired?

The golfer, for instance, will say YES. And the reason that he will feel justified in saying YES is because many of those around him have LOST IT. And, thus, it does not seem all that unusual for him to LOSE IT as well.

In fact, he has almost come to ACCEPT the fact that he will LOSE IT any day.

One day it is HERE and the next day it is GONE.

One day I feel “good” and I play well. And the very next day, I don’t feel as “good” and I don’t play well.

Now, I could scream from the rooftops as to the complete absurdity and ridiculousness of such a claim, but what good would it do?

A person who believes this might as well believe that the rivers flow toward the ocean today, and away from the ocean tomorrow. Or that the birds fly south for the winter this season, and fly north for the winter next season. Or that the sun rises in the East today, but it may very well rise in the West tomorrow.

There are many explanations for why an athlete “has it” one day, and “loses it” the next day. But I will not enlighten this particular discussion with such explanations, for the athletes and the coaches seem to already believe that this is not only true, but perfectly “normal.”

It is the same for the athlete who believes that he or she must be TAUGHT in order to be great.

The culture in which one lives is enormously powerful. And the vast majority of the time, an individual will SUCCUMB to the culture.

But then there is a rare sort of individual who stops for a moment and says, Something Is Just Not Right.

I’ve already spent the years learning and honing and developing my technique. How is it actually possible for me to LOSE IT?

A bird never forgets how to fly. And I never forget how to walk. So how is it possible for me to lose my technique?

I will give an answer to this question.

Athletes are taught IMPROVEMENT. They are not taught OWNERSHIP.

But the paradox is that if an athlete at the professional ranks feels the need to learn technique from another, he or she can NEVER own his or her technique!

Ownership means self-regulation. Awareness. Understanding. And it is only that which one teaches one's own self that is able to be OWNED.

From the standpoint of golf, it makes no sense at all to EVER change the manner in which the golf club is swung.

Why?

Because the manner by which a human being with a particular body frame creates leverage is wholly unique. And the minute you change the way he or she creates leverage and the way he or she takes the club back or “swings,” you have IMMEDIATELY sown the seed of dependency!

The golf swing, my dear coach, has NOTHING TO DO WITH THE WAY in which the club is SWUNG.

The golf swing is like rain. It falls when the conditions

are ripe.

And the expert teacher, and more importantly the expert LEARNER, will learn about the CONDITIONS and disregard altogether the swing itself!

Coach, if you believe that a human being is a kickstart motorcycle that runs on manual control, you will do things in a certain way.

If you believe that a human being is a glorious creation that harbors the greatest technology on earth, you will do things in a different way.

Do you truly believe that professional athletes need to be taught ANYTHING OTHER than how to understand the way in which their own mind works? Of course, in order to do that, the coach himself must be willing to go on a personal intense journey into the remote recesses of his mind in order to learn for himself how it truly works.

Or the way in which to understand the conditions that allow themselves to RAIN?

Do not answer that question. For I fear that if you do, you will provide the answer that I would like you to provide.

Simply sit with the question. And allow your actions to be your answer. And allow the answer to be spoken not to me, but to yourself.

Human beings are not invalids.

Professional athletes are not in need of mending.

If they learn the Great Truths about themselves, their minds, and the glorious technology that is within them, do they really need the billion dollar technology that is thrown upon them?

You ask me if the coaching establishment the world over is all WRONG.

I ask you, based upon the manner in which they do things, is the coaching establishment the world over RIGHT?

You Are My YIP MAN



My best friend is a world champion Kung Fu fighter. You know who I'm talking about. I know you're busy, so I'll get straight to the point. He and I have trained together for the last 12 years. And for most of that time, my skill has been better than his. But about two years ago, I began to notice something different about him. His skill began to improve tremendously. But at the same time, he never seemed to boast about it at all. This was surprising because we've always had a healthy competition between

us and we would, in good fun, always talk trash to each other after having beaten one another. So I was really taken aback when he seemed to have clearly done something to jump four levels, but he almost didn't seem to care that he did it.

I pestered him about this for almost four months. But he'd always deflect my questions. I will admit that I was offended. And, quite honestly, our friendship began to suffer because of it. I had never withheld anything from him. But I was sure he was withholding something from me. You don't just jump four levels "by accident." After a few weeks of basically not speaking to each other, he came to me. He said, "I've found my Yip Man." I asked him who it was. He didn't give me your name. He just left me your card. I saw your website address on the card and I began reading it. I spent about three and a half weeks reading your discourses. And afterward, I went to see him and I asked him if he could introduce me to you.

Then he said something which offended me again. He sort of smirked, and he said, "He won't accept you." And I told him, "Well, he accepted YOU!"

He sat down and started to laugh. I asked him why he was laughing, and he said, "It took me three months to get

in with him. Part of that was because his schedule was full. But I later learned that this wasn't the only reason. After bugging him with seven or eight emails, he admitted that what I was looking for wasn't really in line with his motivations. I was so stupid. I even offered him more money, but he didn't even respond to that email. It wasn't until I showed that I was really Sincere about searching and some other complex stuff that I won't go into, that he agreed to take me on as a client."

I asked him what you taught him. And he told me you weren't even a Kung Fu instructor. I thought he was lying to me. And I knew he was trying to discourage me from contacting you. So I decided to take matters into my own hands and send you this email. I don't know if you'll respond. But based upon the unbelievable changes I've seen in him, I'm sold. I've read your discourses. I like your philosophy. I have no idea what you did to him or how you trained him (because he just won't tell me). But since I last spoke with him, I've been saving close to five hundred dollars a week to come and see you. I've clearly gotten the message that it's secretive so I'm not going to ask you to divulge your secrets. But I'm respectfully putting you on notice that I'm going to come and see you. I admit (and I know you won't approve of this), that part of it is ego. I just can't live with myself knowing that my friend has

jumped four levels, and I'm stuck where I am. The funny thing is, I didn't even know I was stuck until I saw his miraculous progression. And, in fact, his cousin is also hounding him now to tell him where he learned this.

I apologize for the endless rambling.

Please consider being my YIP MAN.

You are correct. I don't approve of your ego as being the impetus for your search. But for a man to write a letter like that is very moving and humbling.

It is a constant source of surprise for me how my discourses are received. For one never truly knows if one's work affects another, to what degree, and whether it is positively or negatively. I suppose it varies with the individual, and the place that they find themselves in their lives.

Don't be so hard on him. He's telling you the truth. It did take some time for us to begin working together. And this was because I didn't want to waste his time or money.

You see, when you come armed with a beautiful question, our work together begins on an advanced level, on the first day. So he was better off finding that inspiration on his own,

so that if and when we began working together, we could hit the ground running.

I don't know how Yip Man trained Bruce Lee. **But I know that it was more about Bruce Lee than it was about Yip Man.**

How do I know?

Because it is always this way.

Yip Man was certainly instrumental to Bruce. But Bruce was a seeker. And it was his search that led him to Yip Man.

And it was his search that led him BEYOND Yip Man.

When your friend first came to me, he was very "Cultural." What I mean by that is that he was too much a part his culture. I'm not talking about his place of birth. I'm talking about the culture of his sporting environment.

It would be wrong to say that I don't like the modern sporting culture. I simply have no use for it. It is essentially an act of peasantry. Athletes who live in COMPLETE PARITY looking to outdo one another.

It is like fighting over scraps of dried bread at the bottom of a dumpster, seeing who can be the King of the dumpster. It's not inspirational. It's not moving. It's pedestrian. It's unoriginal. And I can't think of a more wasteful way to spend one's life or one's talent.

This was what he didn't understand at first. And why would he? He had become a part of the Establishment. He had become INCULCATED. He had bought into fighting for scraps. Because he had been taught to do so. I didn't blame him at all. But until he realized this, GREAT WORK was really not possible.

But when he caught a glimpse of what lay OUTSIDE OF THAT WORLD . . .

A world in which we could begin to truly explore his magnificence as a fighter and an athlete . . .

He became inspired. And I became excited.

So we began to look into the depths of his perceptions. We looked into why he repeated the same patterns again and again, without ever questioning them.

Let me tell you this. He didn't realize it at first. And few

athletes ever realize it. And that's because they are so strongly forced to stay within their environment, fighting over scraps.

World Class Athletes Only Get INCREMENTALLY Better Between The Beginning Of Their Career And The End Of It.

And . . .

The Reason This Is The Case Is Because The Environment In Which They Play Is Built Upon Inertia Rather Than Growth.

You see, professional athletes are not taught to EXPLORE. They are not even taught to play The Game.

They are taught to play the Winning And Losing game. If you look at Usain Bolt, what did he do as he approached the finish line in the London Games?

He Eased Up!

For the task of WINNING had been accomplished. Why waste energy on anything more? Right?

So everything is done IN SERVICE OF winning. As a

result, everything is done JUST A LITTLE BIT BETTER than another.

What's wrong with this?

What's wrong with it is that it leaves about 70% or more of the athlete's TRUE ability left on the table. NEVER EVER EVER to be explored.

EVER!

Why?

Because there is NO NEED to explore it? They've already won.

But what if a professional athlete was to MASTER his craft.

Not get better. Not improve. Not be the best.

But to M-A-S-T-E-R the elements of your craft.

You see, athletes do the same thing for entire careers. And they use statistics to judge whether or not they are doing "better."

But understand this: Those statistics are not revealing. They
are a CAMOUFLAGE!

Rather than asking, “Am I getting incrementally better at
my craft,” and feeling a boost of egoic satisfaction . . .

Why not ask, “Have I MASTERED it?”

Dear friend, if you MASTER something, there is no need
for statistics. There is no COMPARING today vs yesterday.
For it’s MASTERED.

And when it’s MASTERED, you stand ALONE.

The irony is that when an athlete MASTERS something, he
gains all the accolades that he has been taught to achieve, 10
TIMES OVER!!!

But instead, he is taught to do MORE OF THE SAME . . .

To do it for LONGER HOURS . . .

Until he or she gets “better.”

Mastery does not come from doing the EPITOME of what

you are already doing.

It is an ENTIRELY DIFFERENT PATH.

And it's enjoyable. It's engaging. It's full of Freedom. It changes the athlete's life.

As for the people who say that you don't need to Re-invent the Wheel?

I object.

YOU MUST RE-INVENT THE WHEEL. Your own personal wheel. In your own personal way.

I seek to RE-INVENT the wheel with every athlete that I work with. Because they are UNIQUE. There will never be another one like him or her. So why would I treat them the same as anyone else?

How is this done?

To scrap EVERYTHING that's been taken for granted. To find out WHY MASTERY has not been achieved. And to begin with AMAZING POSSIBILITIES that NO ONE HAS EVER ACHIEVED and dissect and explore them.

The journey is an open-ended one. I WILL NOT bring a
briefcase full of charts and plans.

Why?

BECAUSE WE MUST RE-INVENT THE WHEEL.

And this is done FROM SCRATCH. On-Site. All New.

A beautiful and glorious new path.

It is like tunneling through the side of a mountain. You
encounter obstacles. And these obstacles have kept the
mountain from being transformed. So you find a way through
and around and over the obstacles.

You ask questions. And you refine those questions. And
through this search and exploration and mining the depths of
your talent, you discover OTHERWORLDLY SKILL!

YOU BECOME SUPERNATURAL!

As Bruce Lee was.

Understand that most professional athletes are BORED. It

may not look like it. But I hear from them all the time. And this is what they say. They struggle to find inspiration. And motivation.

And this makes PERFECT SENSE!

For they are involved in the same old grind. For MORE.

Not NEW. Not INVENTIVE. Not ORIGINAL. Not GROUND-BREAKING.

Just MORE!!!

And many of them truly WANT to explore their TRUE capabilities. But they are caught in a system which demands that they do not move too fast away from it.

But this only happens, NOT when I try to get an athlete to do something. They are already used to that.

It only happens when THEY say that they are ready. That they are ready to be BORN AGAIN! To walk a FRESH and NEW and ENGAGING path toward ULTIMATE POSSIBILITY.

The heart of the professional athlete LONGS FOR THIS.

But it is only when they decide to give themselves THE PERMISSION to GO AFTER IT, that their life begins to change.

And Not One Minute Sooner!

To Live A Life COMPLETELY FREE Of Anxiety



This is for that human being that roams within the athlete. I know you are there. Let's have a heart-to-heart talk.

Man is accustomed to breaking world records. And winning gold medals. And winning golf championships. And Stanley Cups.

Some of you have done this yourselves. Others know people who have done these things.

But may I ask you a question?

Have you ever met a human being who has learned to live completely free of anxiety?

I do not diminish the gold medals, the world records, the golf championships, and the Stanley cups. They are indeed grand achievements which are achieved by a relative few.

But is there a grander achievement in the world than to have cured oneself of anxiety?

Anxiety is so much a part of our lives that we don't even recognize it. In working with professional athletes, they are often quite startled to find that their habits, their behaviors, even their practice patterns are responses to anxiety.

The human being has become so accustomed to anxiety . . .

It has become so intricately woven into his life . . .

That he often fails to recognize which of his patterns are a response to anxiety and which are a response to his real life.

It could even be said that the number of things that a human being does in his life that are NOT in response to anxiety can

be counted on one hand.

I assure you there is no need for psychiatrists to go to the trouble of creating a category called Anxiety Disorders. For even the psychiatrist himself suffers from it. It would be far easier to create a category called Anxiety-Free Disorder.

The human being is not at ease with himself. He must run to the store in order to satisfy a need. He must attend to his relatives so as to avoid feelings of guilt. He must win a trophy in order to avoid the terrible feeling of his hard-work not having been fruitful. He must “carry his own weight” so as not to let down “the team.” He must satisfy a minimum win-loss-record so as to appease his bosses. He must demonstrate a minimum stock performance in order to satisfy the shareholders.

The human being feels anxious before a match, during a match, and after a match. He feels anxious before weddings, parties, business meetings, flights, and youth sports.

Even as he puts on his watch, if he is sufficiently aware, he senses a slight trembling of his hands.

He tries to meditate, and when it doesn't work he feels anxious about the failure of the meditation to rid himself of

his anxiety!

And as man of you are reading this discourse, you will soon begin to feel anxious about feeling anxious.

What have we done to ourselves?

What a lamentable existence we live.

If you meditate in order to free yourself of anxiety, you will leave more anxious than you arrived.

If you listen to a nice melody, the anxiety will lie in wait and pounce upon you the moment the melody has ended.

If you win the medal you have been seeking, it will only lead to the anxiety to win another in order to “back it up,” and prove to everyone that it wasn’t a “fluke.”

And if you win multiple medals or Grammy’s or Emmy’s, you will now have graduated to the anxiety of the privileged few: the anxiety to win MORE than anyone else.

If you attend your child’s tennis match, you will have the anxiety of HOPE. And if he loses, you will have the anxiety of Hard Work.

And believe you me, a full 80% of “hard work” is anxiety. This is why it is called HARD work. A portion of the work is done in order to acquire skill. But the majority of the work is done out of FEAR. The fear of what will happen if one doesn't do it.

It is very similar to the anxiety of prayer. Yes, the churches are full of anxiety. People pray to a God they have never before seen. And they pray to him to ask him for things. But what they will not admit to themselves is that the real reason that many of them pray is out of Fear of what will happen to them if They Don't Pray!

People will naturally ask me HOW TO GET RID OF THIS ANXIETY.

This is a trap, my friend. For you ask too quickly. The words roll to easily and too reflexively off your tongue. I will not betray you by providing you with a respite. For if I do, you will run to this respite out of anxiety. And you will live in that respite, Anxious to avoid the anxiety that you are attempt to escape.

There will be a time for Banishment. There will be a time for Cure.

But not until you live with the pain. Not the pain of anxiety.
But the pain of recognition. The pain of admitting to yourself
that your whole life is nothing but a ball of anxiety.

Until it is the greatest goal of your life, it will always
plague you. It will follow you. It will color your moods. And
saturate your every behavior.

Until it is the Supreme Goal of your life, your life will be
mired within it.

But when it becomes your supreme goal, I will be here.

We will dissect apart the glory that is your life and remove
the strands of anxiety piece by piece.

Tell me . . . What does a man really have if he has not
Freedom?

Of what use is any life if it has not Peace?

Could it be that everything that you chase in your life has
nothing to do with the thing itself?

Could it be that, in actuality, you are not running Toward

anything? But running Away from anxiety?

Could it be that this is all you have ever wanted?

Could it be that the medals and the accolades were simply a
subliminal desire to get the wins out of the way so that you
could have peace in the professional that you love?

Could it be that in order to be able to play the game that
you love, you must first stop playing games with
YOURSELF?

Could it be that that time is NOW?

Could it be?

An Ode To Parents Of Sporting Youth



If yours is a child who lacks talent . . .

If yours is a child who lacks great ambitions . . .

If you lack ambition for him . . .

You are free.

You will live a life of ease.

IF yours is a child who shines with talent . . .

If he carries with him a panoply of dreams . . .

If you are given to grand imaginings for him . . .

You will walk a treacherous path.

So I will caution you to beware.

First beware of “Advice.”

Advice which tells you how you should raise your child. To push him or to leave him be. To motivate him or to say nothing. To encourage him or to let him roam. To make him ambitious or ambitionless.

There are No Answers. And I will not insult your ingenuity by burdening you with them.

Rather, I will paint a picture. A picture which describes the landscape and populates it with human beings.

Perhaps you will see yourself in this picture. And in doing so, discover your path toward Freedom.

The road of Ambition is filled with turmoil. If grand

ambitions and lofty success is your motivation, your life will very likely lead to success. But it will be filled with strife.

And saturated with conflict.

It can be no other way. For it must be so.

Why?

Because the construction of a goal is a dualistic phenomenon. There is the goal on the one hand. And the fear of not achieving it on the other.

And a man's life grinds between these two possibilities for as long as he lives.

Your intentions in "teaching your children," are noble. And they come from a loving sense of parental duty.

But understand that as you proceed down this instructional path, your efforts will be thwarted. Your words will be met with skepticism. Your instructions will be resisted. Your good intentions will be opposed.

Why?

Because your intentions are not pure, after all. They come

from a place of Need.

A Need for the child to listen . . .

A Need for the child to succeed . . .

And when you work from a place of need, all things tend to be done out of proportion. The urgency is imposed upon the child. And the atmosphere becomes thick.

Do I blame you?

Not in the least.

Why don't I blame you?

Because you are a slave. A man can blame a master. But how can he blame a slave?

We are all slaves, my friend. Slaves to our Needs. Slaves to our insistence for things to turn out Just So.

And our actions stem from this place of bondage.

If you could care less whether your children succeeded or not, things would be different. And you would not be a bad

parent for feeling this way.

You would, in fact, be an Effective One.

For you would function from a place of Peace. The peace afforded by one's Freedom from Need.

If you teach your child to be competitive, it is an unforgivable sin. You might say that competition is the way of the world, and that to thrive in the world one must become competitive.

A human being may indeed thrive Professionally through competition. But he will suffer emotionally because of it.

You need not take my word for it. Please have a look at the "superstars" of today.

Do they live Peaceful Lives?

Do they live Turmoil-Free Lives?

Success has nothing to do with competition. Skill has nothing to do with success. Ambition has nothing to do with skill.

If you teach a child to be competitive, you will change his heart. And the moment a child's heart is changed, he is no longer a child.

Despite how it looks, virtually none of your child's problems are his fault. They are Yours.

His behavior is what he has learned from you.

His outlook is what he has been taught by you.

His competitive pressure is what he has been cursed with by You.

If it was all about Achievement and Professional Success, then why do we have athletes who, despite all the accolades in the world, remain squarely in search of something More.

That something more is Peace.

From the moment they were young, they have been taught to Achieve.

And in spending their lives Achieving, they forgot how to Be.

Train them, if you like, but examine from whence your True motivation arises. This will take a healthy dose of courage.

Allow them to play in tournaments, if you like. But monitor Your Own Feelings as you watch them play. For this is where they will get theirs.

You will make a thousand and one mistakes. You have likely already made three thousand.

Fear not, my friend. You are simply trying to find your way back to yourself.

There is a truth that I cannot deny. And it may be the greatest flaw the creator ever made:

He put children into the care of Unenlightened beings. And as a result, our children suffer the pains of Our Own Ignorance.

If you seek Peace, your children will as well.

If you value Equanimity, they will learn to gravitate toward it.

Success is not achieved. It blossoms. And it blossoms when
the time is ripe.

If a human being plows his field. And he is in love with the
plowing, the fields have no choice but to blossom.

**But the constant look toward the horizon will only make
you blind. And you will not be able to see the magnificence
of life that swells at your feet.**

If you allow yourself to Live, you will find the freedom to
allow them to live. In this way, you will move toward a
parallel existence, rather than a hierarchical one.

**Today's pain is Never worth tomorrow tomorrow's
pleasure.**

It simply brings tomorrow's pain.

**Your greatest success, dear friend, will not be the one
which comes as accolades. It will be the Equanimity within
the hearts of the children that you raised.**

If you do not achieve that, all other achievements will be
for naught.

It has nothing to do with them, and everything to do with
you.

Find your way to Freedom, and you will never need search
for another path.

Your children will come to you with open arms.

For within them they will find the respite they have found
nowhere else in the world.

All Professional Athletes Play With Only 30% Of Their Talent



In the wonderful movie, *Wall Street*, Charlie Sheen's character says, "I never knew how poor I was until I started to make some money."

The same can be said about every human being in every professional endeavor.

Your mother was right: You become the company you keep.

And the company that athletes keep is not just the company

of their peers and coaches, it is the company of the society in which they live.

In every walk of life, myths are ubiquitous. And truths are rare.

Siddha Performance is devoted to THE TRUTH. And the evidence for this truth can be found in the playing history of each professional athlete. You don't need to "believe" me or anyone else. The evidence is right in front of you.

Do you really believe that given all the years of intense work you've done on your game that you have gotten out of it what you've put into it?

Is it even close?

Allow me to begin by telling you a startling truth: **All professional athletes play with roughly 30% of their talent.**

This is why they have starts and stops. Highs and lows.
Runs and slumps.

And this is also why they become awed at that rare glorious performance in which nothing could go wrong.

What they don't realize is that these rare glorious performances were actually meant to be their NORM, rather than their exception.

But this doesn't seem odd to them. Because every athlete around them is doing the same thing. Mediocrity is infectious.

Because that which the mind believes is POSSIBLE is colored by that which it constantly sees around it.

The pundits and the media preach to the amateur athletes to “practice like the pros.”

While the practice sessions of the amateurs are largely useless, the practice sessions of the professionals aren't much better.

Why?

Because their practice is devoted to skill Acquisition. When their real problem is skill ACCESS!

Let us look at performance.

“Sport psychology” is purely cosmetic. It does not lead a man to greatness.

Why?

Because it does not truly understand The True Mind.

Speaking of performance, parity is rampant throughout professional sports.

Tell me something. I ask you to look at logically:

How could human beings of vastly different sizes and strengths and skills and genes and backgrounds and training styles have performances that so perfectly mimic each other?

Based upon the multitude of variations between human beings, Parity should be the exception rather than the rule.

But is it?

The PGA Tour regularly displays victories by ONE
STROKE!

The NHL regularly displays games that are decided by
ONE GOAL!

The same goes with professional tennis. And swimming.
And gymnastics. And figure skating. And on and on . . .

Why is this so?

Because professional athletes grow INTO EACH OTHER. They are like spouses that eventually begin to look alike.

Why?

Because their possibilities are defined by that which they continually see.

Because they become **CONDITIONED BY THE PREVAILING NORM.**

Where does all of this stem from?

Ahhh, herein lies the crux of the matter.

Herein lies the nucleus of the issue.

Herein lies that golden nugget of truth that **NO PROFESSIONAL ATHLETE IS EVER EVER EVER TAUGHT.**

I will not spoil it by throwing it into the ether. For if I do you will not hear it. Because it comes to you packaged as easy words, you will not grasp its meaning.

It is a nectar of truth that must be savored.

But I will NOT withhold it from you.

As I have always said, *Siddha Performance* is for THAT RARE ONE. The one who wishes to taste ULTIMATE GREATNESS.

The one who wishes to ACCESS ALL of his talent.

The one who wishes to play with COMPLETE AND UNBRIDLED FREEDOM!

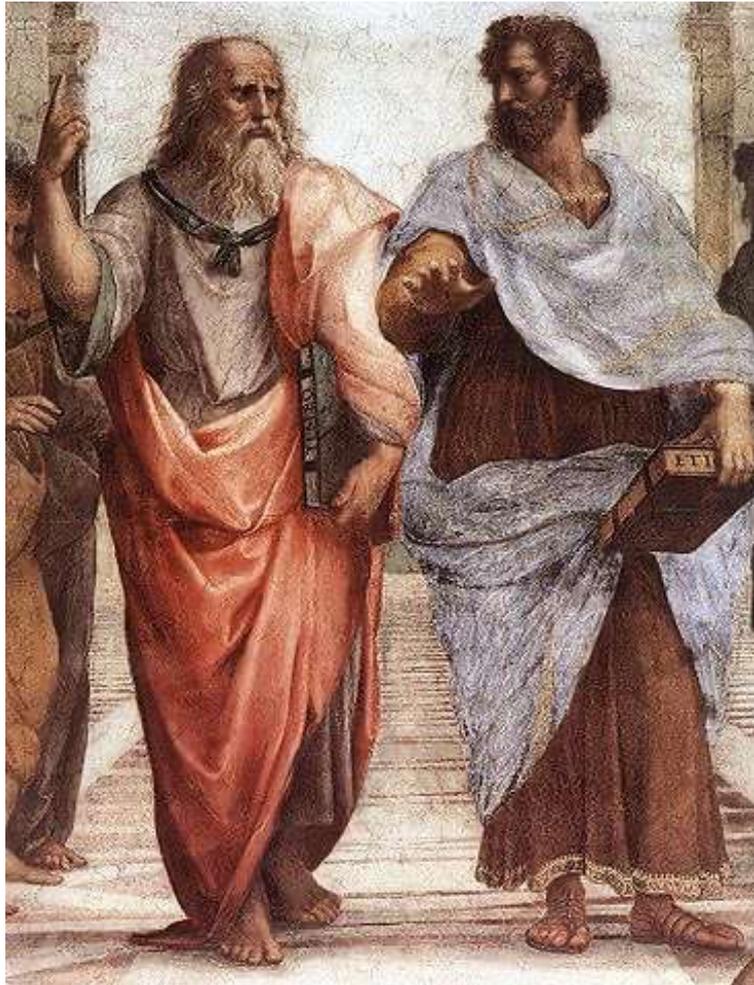
I work with some of the greatest athletes and artists in the world.

And it is only this rare professional to whom I will reveal my secrets.

If you are that rare one, you will NOT find it difficult to Email me at DrGupta@SiddhaPerformance.com for the

answer.

The Excruciatingly Honest Secret Truths About Professional Athletes And Coaches



There is so much to say that has never been publicly said.

There are so many truths that coaches live with their entire lives but are never given the forum in which to discuss them.

There are so many training philosophies that they have

adhered to that have NOT the power to unleash the potential
of professional athletes.

There are so many things that athletes wish to say but do
not, in fear of offending or reprimand.

And there are so many things that professional athletes
spend their lives practicing that have NOTHING to do with
making them great.

Here at *Siddha Performance*, TRUTH IS KING.

Political correctness is banned.

For I do not believe in WASTING TIME in getting to the
truth.

I do not believe in WASTING TIME to get athletes to the
Pinnacle of their craft.

Find a comfortable chair, my friend.

Make sure that your back is straight, for an erect spine
allows knowledge to flow through the appropriate channels
(I'll discuss more about that some other time.).

Here we go.

TIME WASTAGE

Let us begin with time wastage.

If we look around we see that it takes athletes decades to acquire the skills to become WORLD CLASS.

When something happens time and time again we logically assume that this is WHAT IS REQUIRED. That this is the “Natural” course of events that must take place in order to achieve a specified goal.

While this may be Normal, it certainly isn't NATURAL.

Why is it normal?

Well, if we REFUSE to be sloppy with our examination of the details . . .

If we truly delve into the details of these so-called “decades” of training, we discover that a significant amount of it consists of time that was **Completely and Utterly WASTED!**

And since ALL ATHLETES and ALL COACHES waste time, it ends up taking decades to reach one's goal.

Have I myself wasted time as a coach?

Absolutely. I've done things totally wrong. I've approached things in a completely ignorant fashion. And thus I wasted
PRECIOUS, PRECIOUS Time.

But since that time, I intensively examined my methods and I teased apart the effective from the ineffective.

I've spent YEARS learning what does and does not work, based upon the manner in which the human being is created, and the way in which he perceives.

And I've discovered that the manner in which human beings learn has VIRTUALLY NOTHING to do with the way in which they are being taught.

This is why there is so much parity in sports. Because every athlete trains the same way. And every athlete is simmering in the very same HALF-TRUTHS.

Can you give us an example, Doc?

I can give you a great example. And here it is:

Virtually 100% of professional athletes in all sports and in all countries train according to “TECHNIQUE.”

I know what you’ve been told. But please listen to this:

Athletes spend their precious hours, days, AND ENTIRE CAREERS honing their TECHNIQUE.

This is why professional athletes RARELY reach the height of their natural talents. This is why they are frankly BORED and DISENCHANTED by their practice sessions, and quite often, their sport.

Are you ready for the Truth?

Technique is responsible for maybe 5% of your performance.

The remaining 95% comes from Perception and Mind.

NO, I am not talking about “sports psychology.” That is just “technique” applied to the mind. But it has NOTHING AT ALL to do with the fundamental nature of mind. It is purely a cosmetic attempt at tips, tricks, and techniques that all have a

shelf-life.

**Sports psychology has NOTHING TO DO WITH THE
FUNDAMENTAL NATURE OF MIND!!!!**

I've developed a way of training professional athletes
which is PERCEPTION-BASED, with almost ZERO
technique. Resulting in INSTANT and MASSIVE
improvement in their performance.

REGARDLESS OF THE SPORT.

You must understand that if you do things against Nature,
your progress will be painfully slow and extremely limited.

If you do things in accordance with Nature's Ingenious
Design, your progress will be lightning fast and
UNLIMITED.

**Perception-based training is the Secret that few
Professional Athletes will ever be exposed to. And thus
they will go throughout their careers with a ceiling on
their potential.**

You certainly don't have to believe me.

But I will leave you with this:

What if it was the absolute truth, no matter how small the possibility you may think it might be, that 95% percent of the time that you will spend between now and the end of your career IS COMPLETELY WASTED?

No matter how “efficient” your practice looks. No matter how “technically sound” it appears. No matter how “scientific” it seems.

What if it had ZERO power to make you truly great?

And what if the very thing that would GUARANTEE your greatness is something that you’ve never ALLOWED YOURSELF to explore?

WHY SO MUCH TIME WASTAGE?

This is very simple.

Coaches waste the athlete’s time because they are mesmerized by the idea that Technique leads to Greatness.

It SIMPLY-DOES-NOT!

A more false statement simply cannot be made.

Plain and Simple!

You've no doubt noticed athletes in any field who became the best in the world, but whose "technique" had many flaws.

The Professional Athlete who does not reach his
potential . . .

The Professional Athlete who KNOWS that he or she is
better than what his or her performances show . . .

DOES NOT SUFFER FROM A LACK OF SKILL!!!

**He suffers from NOT BEING ABLE TO ACCESS
THAT SKILL!!!!**

But instead of learning ACCESS (through the most glorious system called NO-MIND), he is taught to spend all his waking moments on ACQUIRING MORE SKILL.

Largely because they don't know what else to do. And because their coaches don't know what else to teach.

Let me ask you this: Of what use is acquiring more skill if

you cannot access that which you've already acquired??

If you have ONE MILLION DOLLARS in the bank, but you can only withdraw 200,000, how would you remedy this problem?

Would you attempt to ACQUIRE MORE MONEY?

Or would you focus your attention and efforts on learning to ACCESS ALL THE MONEY YOU ALREADY HAVE?

This is why coaches waste time. This is why coaches waste the athletes' time. And this is where I've wasted time in the past.

But I have seen the light.

And it completely transformed, from top to bottom, the way in which I teach professional athletes.

I will stop there for today.

But I will continue in Part II of this series, which I feel to be THE LIFE BREATH of the serious athlete, if he TRULY SEEKS to sit at the PINNACLE OF HIS SPORT.

What Jordan Speith Knows That Other Tour Pros Do Not



One of the great tragedies of modern sport is the way in which professional athletes view their performance.

They spend their lives “practicing.” Yet the fruits of their labors quite literally PALE in comparison to the amount of “labor” they have put in. This is almost ALWAYS the case, regardless of the sport.

This is because (1) their practice is focused entirely on “technique” and (2) because they train for “incremental improvement.”

This will lead to a degree of success. But it rarely leads to
Greatness.

I work EXCLUSIVELY with professional athletes.
Household names. The Best Of The Best.

And I will tell you that I have to this day NEVER seen an athlete who understood the meaning of True Practice (**The Secret Of True Practice**: <http://bit.ly/secrettruepractice>).

This is simply not the culture in which they have been raised.

The greatest practice in the history of civilization took place in the Ancient East. In Indian, China, and Japan. And they produced SUPERNATURAL athletes. They produced WARRIORS whose skill has never been surpassed.

True Practice is a religious endeavor. And it is meant for one who seeks TRUTH and UNDERSTANDING, moreso than mere “instruction.”

Jordan Spieth has certainly made a name for himself this year on the PGA TOUR.

I will not bother with listing his accolades, for such things have never really interested me. They are the **NATURAL RESULT** of something else.

While the world and the players and the media **WASTE** their time speaking of his accomplishments, I am always interested in the **WHY**.

The **PGA TOUR** is a very stale and derivative environment. It is an environment in which players live in one particular petri dish and parrot the same lingo. And imbibe the same ideas. And pursue the same practice regimens. And listen to the same coaches.

This is certainly not unique to the **PGA Tour**. It is this way for all sports, as it is for human beings in any society. You become like the company you keep. And this is more often detrimental than it is beneficial.

Tell me how it is possible for professional golfers of different heights, strengths, backgrounds, and genetics to play four rounds of tournament golf, with the winner **CONSISTENTLY** winning by less than 3 strokes!

This means only one thing. I've said it for years. It applies to all sports. But especially to the **PGA Tour**:

Athletes, especially tour players, do not grow away from each other, they grow TOWARD ONE ANOTHER. And like a married couple, they eventually BECOME ONE ANOTHER. **(The Reason For Parity On The PGA Tour: The Story That's Never Been Told <http://bit.ly/1COMMfE>)**

Jordan Spieth has managed to separate himself from the pack. He has managed to do things, particularly with his putter, that most consider unimaginable.

Do not bother with looking at his “putting stroke” with a high speed camera. It will tell you nothing.

Do not bother with reading Spieth’s “putting tips” in glossy magazines. He will tell you nothing.

Do not bother calling Cameron McCormick. While he may have helped, Jordan’s putting is because of Jordan.

Athletes enter tournaments on a cloud of HOPE.

They HOPE that their ballstriking will be good that day. They HOPE that the bounces will go their way. And they HOPE that they can get putts to drop.

This is why almost all players are Streaky when it comes to putting. One day they are lights out. And the next day, they can't make a single putt.

And while Jordan also varies in his prowess with the putter, his overall consistency on the greens is something that has almost never been seen.

Why?

I am not here to give you Jordan's secret. For I don't know it.

But I will tell you something even more important.

With each of my professional athletes, regardless of the sport, my training is based NOT upon the basis of achieving incremental improvement, but MASTERY.

As a result, we create SYSTEMS. FOR EVERYTHING!

Indeed I've created a system for putting that, in my initial experiments has allowed golfers to make 140 feet worth of putts after a few hours of learning it.

And this is only the beginning.

I've done the same with chipping. And full swing. And with hockey. And soccer. And tennis. And swimming. And so on.

All of my training are almost COMPLETELY DEVOID of teaching "technique." And based solely on PERCEPTION.

For this is how the human being learns, whether he likes it or not. Through perception rather than technique.

Not to merely "improve." That is Dull and Underachieving and frankly Boring!

It is done with the expressed intent of achieving
MASTERY.

Please do not email me and ask me for it. For I will reveal it ONLY to the touring pro who is ready.

Tour pros are wasting their time learning swing positions and Trackman numbers and stroke mechanics and putting mechanics and chipping mechanics and useless "sports psychology" phrases and afforisms. And this is why the vast majority of them will have uneventful careers.

They will do well in a few tournaments, and then they will

simply fade away. (**Are You Telling Me The Coaching Establishment Is All Wrong?** <http://bit.ly/1SolGQC>)

Jordan Spieth has a system for putting. This I can promise you.

Not his “stroke” or his “routine.” For even if you were to precisely MIMIC his routine and his stroke, would you putt like him?

NO!

He sees something that other tour pros don’t see. And he has taught himself to see it.

He feels something that other tour pros don’t feel. And he has learned to feel it.

Tour Pros are taught that making 20 footers is essentially luck. That hopefully you can get one or two a round to drop, and that’s all you can hope for. And the statistics support their beliefs.

In fact, Jason Day said in a recent press conference that you don’t make twenty-footers unless you’re Jordan Spieth.

What can the tour pro learn from Jordan Spieth?

That your best performances come from within You.

That your best work does not come from HOPE, but from a
system.

And that this system is not founded in a “pre-shot routine”
or a particular “stroke mechanic.”

For great putters are not made in LABORATORIES!

And great ballstrikers are not made by launch monitors!

And mental giants are not created by “sports
psychologists!”

Understand this: **That which you do beautifully is
precisely that which you have absolutely no idea how you
did it.**

Instinct trumps knowledge.

Heart trumps intellect.

No-Mind trumps Mind.

And learning trumps “teaching.”

Learn to see in your own way.

But you will only learn to see when you are convinced that there is something to be found.

And you will find it not in Hogan’s dirt. But in the very dirt that lies at your feet.

The question is, DO YOU HAVE THE COURAGE TO FIRE YOUR COACHES AND BEGIN YOUR OWN EXPEDITION?

Toward the Greatness that you are convinced lies somewhere within you.

On “Swing Coaching” And Touring Professionals



If we look at the various professional sports of today, we see that the manner in which professional athletes seek to attain skill is through Instruction.

They are attempting to acquire more skill and to sharpen their abilities by asking an individual known as a “coach” to teach him in the manner and proportion that he sees fit.

The idea is that the coach who is standing behind the player knows more than the player himself.

I must repeat this: **The idea is that the coach who is standing behind the player knows more than the player himself.**

What does “knowing more” mean?

“Knowing more” means that he has more information.

More insights. More methodologies.

More information, more insights, and more methodologies

To Do What?

More information, more insights, and more methodologies to make him better and improve his technique, right?

Those who have spoken to me know that I love to use the analogy of a Martian. What would a Martian say in a particular situation?

For the Martian is a being that has escaped the claws of indoctrination and conditioning that is so deep within a particular culture, that he is able to see more clearly and objectively.

What follows is a discussion between the Martian (M) and

The Professional Golfer (G):

M: Who is that man standing behind you on the driving range? I see you with him quite often.

G: That is my swing coach.

M: What is a 'swing coach?'

G: He helps me with my golf swing.

M: What do you mean by "help?"

G: He is helping me swing the club more effectively.

M: To what end?

G: So that that the golf ball goes where I want it to go.

M: Excuse me, but I thought that this tournament consisted only of professional golfers.

G: It does. And I'm a professional.

M: You are a professional golfer. Yet you haven't figured out how to make your golf ball go where you want it to go?

G: I did at one time. (chuckles)

M: I don't understand.

G: I've been struggling off and on for years. Sometimes I'm able to control my ball, and other times not. I need to be more consistent so I enlisted the help of a swing coach.

M: So what does this swing coach tell you?

G: He helps me with my stance, and posture, and swing plane . . . Things like that.

M: Excuse me, your stance? Do you not know how to stand in front of a golf ball?

G: Golf is a game in which small adjustments can have a big effect.

M: That makes sense. But I still can't get over the fact that you need someone's help with how to stand in front of a golf ball.

G: Well, sometimes my stance sometimes gets a little too wide and this makes it difficult for me to transfer my weight

to my lead foot on the downswing.

M: So what you are saying is that if your stance is too wide it impedes your ability to hit the shot effectively, right?

G: Yes.

M: Let me ask you this. When you stand with this too-wide stance, can you not by yourself detect that it is too wide?

G: What do you mean?

M: Well, if I were to cut down that tree in the distance, I would stand in a particular way with my axe. And as I settled into my stance, I would be able to detect with great precision if my stance was too wide or too narrow for the leverage that I was going to need to cut down the tree. I certainly wouldn't need to enlist the help of a "swing coach."

G: Well, it's not just my stance, it's my posture and my—

M: Yes, yes, you mentioned your posture. Please explain.

G: Sometimes I get too slouched and rounded in the shoulders. And this causes me to take the club on an excessively inside track on the takeaway.

M: And you can't detect all by yourself what your posture is doing?

G: What do you mean?

M: Well if I were to cut down that tree and prepare myself to hit it with force at a particular descending angle, I would automatically settle into a posture that would be perfect for the job at hand. I certainly wouldn't need to enlist the help of a "swing coach."

G: It's not just that. It's a lot of things.

M: I'm sure it is a lot of things. If you seek help with your 'stance' and your 'posture', you likely also seek help with the way your feet are arranged, and the way your shoulders are arranged, and the way you hold your head, and the way you hold the club. I wonder, Mr. Tour Professional, does your swing coach also teach you a more efficient way to walk to the bathroom?

G: Come again?

M: Well, so far the things you've described are all matters of you being cognizant of your own spatial relations to the

golf ball. You've turned all of those over to the "swing coach." You've surrendered your innate knowledge of your own bodily movements to another human being. Forgive me, but I fail to understand the logic behind this.

G: There are so many other things.

M: I'm afraid to ask.

G: He monitors my swing plane and my—

M: Swing plane? What is that?

G: Well, there is a particular plane that the club travels along that will allow one to have the least amount of compensatory motions.

M: I'm enthralled by your technical lingo. But I wonder if it comes from you, or from what you've imbibed from others.

Are those really your words?

G: I've learned a few things along the way, certainly.

M: Tell me, as far as this 'swing plane' thing goes . . . isn't the idea simply to be able to get the club back to the ball?

G: In an efficient manner, yes.

M: How long have you been playing golf?

G: 27 years.

M: And those 27 years of experience have not taught you how to get the club onto the ball, “in an efficient manner?”

G: Well, it comes and goes.

M: Naturally. But haven't you learned your tendencies? Or do you enlist the “swing coach” to keep a log of those for you, as well?

G: Sometimes I forget them.

M: Perhaps you forget them because you've given yourself the luxury of forgetting them. Perhaps this is why you've hired a “swing coach.”

G: I'm not sure—

M: Naturally, one's technique will change from time to time. And one's results will vary. But have you not figured out how to adjust for these things ON YOUR OWN, Mr. Tour

Professional?

G: What's wrong with seeking help?

M: From where I sit, you are not seeking help. You have surrendered your instincts to another human being. And because you've become numb to your instincts, your entire constitution is being controlled by another. Perhaps all of this "swing coaching" has separated You from Yourself. Perhaps this is why you now seek Instruction, for what you once did Naturally. Are you truly a professional?

G: Of course!

M: But a professional, as I understand it, is one who OWNS his technique. And if he doesn't, he dives within himself in order to gain a working understanding of what to do when things are not going well. He understands himself and his tendencies. He uses the results to guide him back to revisit his recurring habits. And in doing so, he comes to own himself and his technique. He is wholly available to instinct. And he has learned to compare his results against the instincts that spawned them. And through this continual refinement, he has come to be a master of himself and his technique. He has come to know himself more intimately than any other man could possibly know him. Do you not consider this to be the

supreme definition of a professional? Do you not, Mr. Tour
Professional?

On Winning, The Mind, And The Professional Athlete



Somewhere in the world today is a father and his young son watching an interview of a famous athlete.

The interviewer tosses a leading question about winning,

and the athlete responds thus:

“I don’t know how many I’ll win. But when I win once, I want to win again. And when I win again, I want to win again. It’s a rush. And it’s why I play.”

After the interview is over, the father looks at his young son and says, “You see? This is what champions do. This is how they think. Don’t you want to be like that someday?”

What I am about to say has nothing to do with Wrong or Right. It has nothing to do with what an athlete should think, or should say.

And it has nothing to do with what parents should or shouldn’t do.

For I don’t believe in the word “should.” And I painstakingly avoid it even in common conversation.

I believe only in SINCERITY.

I am moved only by a search for the ABSOLUTE TRUTH.

Be it right or wrong, good or bad . . .

Whether it makes me friends or foes . . .

Whether I'm celebrated or ridiculed . . .

The search for Absolute Truth informs my life. And most
certainly my work.

The normal reaction is to consider this athlete's words as
being reflective of a "champion's mindset." To consider his
words the ideal goal for which an athlete should strive.

WINNING.

I must constantly interject in my conversations with human
beings, and also through my discourses, for the listener's
mind is reflexive, as are all of our minds. The very second that
it hears a particular word or phrase, it IMMEDIATELY tracks
down a path that this phrase has led him down before. This is
the work of memory.

Some of you might assume that I am about to speak about
"playing the game" rather than trying to win. Or to "have fun"
and not think about winning or losing. Or that I am about to
suggest that you give a trophy to each player simply for being
courageous enough to compete.

Those of you who have read my work will perhaps realize that I do not travel along well worn grooves.

My path is through the uncharted jungle. To those places within human beings which lay forever wild and unexplored.

What this athlete said about wanting to win again and again is not about a “champion’s mindset.”

Nor is it about the ideal goal that athletes “should” strive for.

Nor is it something rare or unique or otherworldly.

It is NATURAL.

It is the natural behavior of The Mind.

In fact, whether he realizes it or not, this athlete wasn’t even talking about himself. He was verbally representing the natural wishes of his WANTING MIND.

What are you talking about, Doc?

I will explain.

The mind is a WANTING MACHINE. It's fuel is desire.
It's backbone is hope.

Nowhere in the universe will you find a mind that does not want. This is its sole purpose for existence.

When the mind gets what it wants, it does not get satiated for long. It wants More. And when it gets more, it wants even more.

Winning only produces the need to win again. And achievement only produces the need to achieve more.

So there is nothing unusual or laudatory about what this athlete stated in the interview. This is what all athletes state, regardless of the sport.

When asked about the \$10 million bonus for the Tour Championship, Rory McIlroy said in a recent press conference that “that amount of money doesn't sort of mean much to me anymore.”

I've always applauded Rory's honesty. It is acutely human.
And sincere.

And his statement perfectly illustrates the point.

Your mind may interject again:

Should an athlete not try to win? Is it wrong to achieve?

As I said, it has absolutely NOTHING to do with right or wrong, and should's or shouldn't. For I do not believe in

Prescriptions (**NO PRESCRIPTIONS:** <http://bit.ly/1HZHa3M>)

What am I saying is that if you understand something, you can navigate through your life with Wisdom.

And if you do not understand it, you become a slave of circumstance.

Win a million tournaments! Achieve with all your might!
And I mean this sincerely.

But if you for one moment believe that bliss is somewhere down the road, you will never find it.

If you for a narrow width of a second believe that tournament wins will give you any sort of lasting satisfaction, beware!

The greatest success belongs to the man who could care less about winning or losing. For he is simply lost in the mastery of his craft.

His craft is his winning. His craft is his glory. His craft is his trophy.

It is only such a man who can taste True Bliss.

It is only such a man who can experience True Freedom.

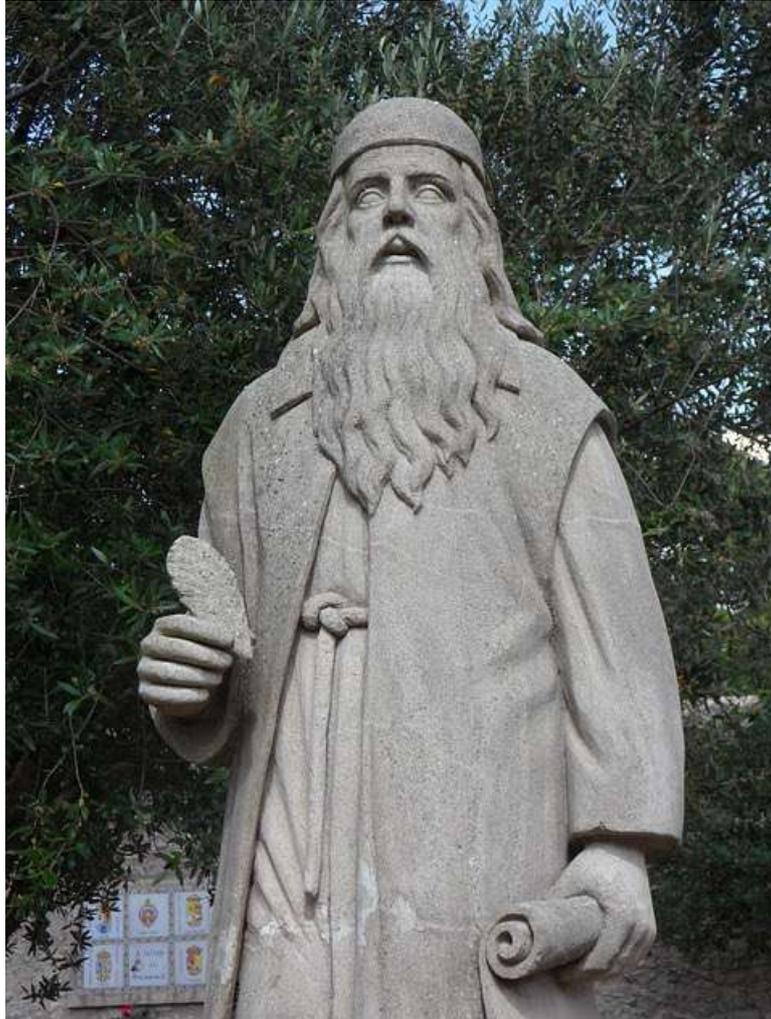
It is only such a man who will be able to ACCESS the full sum of his skill. And understand this: The professional athlete's problem is NOT one of skill acquisition. It is one of skill ACCESS. But do you know any professional athlete who is being taught SKILL ACCESS?

When any man is completely lost in the joy of honing his craft, and he has the Freedom to ACCESS the full sum of the skill he has spent years accumulating, can there be a greater definition of Success?

Perhaps this father might turn off the television. And tell his son, "My dear son, I want you to find that one thing in your life that you would do even if it made you homeless and destitute. For there is no greater gift that I can give to you than

the one that I have ignored for my entire life. And it is only
now that I have discovered that this is what I had been
searching for all along . . . **FREEDOM!**

The Greatest Coaches Live A Life Of Torment



The society in which we live today is not conducive to the development of great men.

For it is a society that is, at once, cosmetic and distracted.

It is a society without a soul.

It is a society which values Form rather than Intent.

It is a society which caters to the lowest common denominator.

It is a society that serves the masses.

It is a society which values volume and rapidity, rather than truth and quality.

Commercialism is the order of the day.

It is an all-out race to the Bottom.

There are a few coaches in the world (and you might be one of them), who crave the sort of environment that allows them to freely unleash the full sum of their vast insights.

But the truth is, rarely does such a coach find such an opportunity.

What Is A Truly Great Coach?

As it is in any discipline, the common are common, and the elite are the elite.

It has nothing to do with which team one coaches, or their number of wins, or the size of their salary.

It has everything to do with the coach's own DNA.

It has everything to do with his sensibilities. His insights. His unbearable desire to seek The Truth. His understanding of human beings. His investigations. His experimental nature.

Understand this, the Greatest Coach is a STUDENT far more than he is a teacher.

The Greatest Coach is a SEEKER. And he always has been.

The common coach "teaches." The great coach tills the soil around the student in such a way that the teaching begins to grow organically within the student.

The common coach brings a lesson plan. The great coach brings NOTHING. For until he meets the student, he's unsure of where to begin the journey with this particular student.

The common coach believes in Form. He is adherent to Form. His litmus test is Form. The great coach realized long ago that form is one of the greatest pitfalls to avoid. For it

impresses only the eyes. And the eyes rarely tell the full truth.

The common coach teaches the HOW. The great coach teaches the WHAT, and leaves the HOW to personal ingenuity of the student.

The common coach accepts all comers. The great coach accepts only a small fraction. For he is fully aware of the society in which he lives. And that the vast majority who come, come looking for common teachings. He has neither the time or the inclination for anything Common.

The common coach seeks answers. The great coach spends his life defining and refining his understanding of the real problem. And thus his entire search is a search for the most relevant questions.

The common fits in well with society. The great coach has always felt uneasy in it.

The common coach believes in the “process.” For this popular coaching maxim provides him with a shield to hide behind when things don’t go as planned. The great coach believes squarely in the Result. His experiments and their modifications are all based upon achieving The Truth. And it is the Result which nullifies or validates his experiments.

The common coach needs to be needed. The great coach has learned to move beyond his own ego.

The common coach is bold. The great coach lives with an undercurrent of fear. This fear is always with him. And it absolutely informs his work at every turn. What he fears is the destruction of the student's natural talent and ingenuity.

The common coach declares his validity and his expertise by way of a certificate or a degree. The great coach understands that that which anyone can obtain by way of money and classes will necessarily be commonplace. For wisdom is attained through an intense search on the pavement, rather than from a book or a blackboard.

The common coach holds clinics. The great coach finds them useless. For these clinics cater to the masses, and the frivolous ideals to which the masses subscribe.

The common coach's allegiance is to client retention and satisfaction. The great coach's allegiance is to the discovery of truth, client or no client.

The common coach teaches through words and thus he

is ignored. The great coach teaches through silence and thus he always heard.

The common coach goes to conventions. The great coach wouldn't be caught dead in one.

The common coach lives a relatively satisfied professional life. For he considers it a job. He teaches common things to common people.

The great coach lives in torment.

Why?

Because he rarely, if ever, finds what he is truly looking for:
A GREAT STUDENT.

Because of his niche and his reputation he has had students who were more interested in learning than the common student. But even they held back somewhat. Even they reached a limit beyond which they were not willing to explore.

The great coach lives in torment because deep within him he realizes that much of the insights he has spent years unearthing will die with him. He will take them to the grave.

He does not wish to do so. He wishes for nothing more than to reveal every bit of his knowledge and wisdom to that One Rare Student. And upon hearing this, that One Rare Student would become SUPERNATURAL at his craft. He would simply be beyond compare. He would have achieved Mastery.

He would become the Artist of the world.

But he has never found such a one. And he knows that to unleash the truths upon an individual who lacks the necessary receptivity is to allow it to fall upon deaf ears.

The inspiration for his search is matched only by the inspiration he feels in meeting The Great Student.

And because he rarely finds him, it leaves a hole within his heart.

He remains tormented by not having found the heir of his wisdom.

He remains tormented by watching the world around him addle in mediocrity.

He remains tormented by the fact that the world that he was born into was not of his time, or of his sensibilities.

And thus he remains aloof and wild, lost in a search for
Truths that the world will never come to know.

The Ultimate Life Truth That No Professional Athlete Is Ever Taught



There is no such thing as an athlete. There is only a human being who wears the cloak of an athlete.

And we human beings have become accustomed to moving through life in such a programmatic and goal-directed fashion that we rarely, if ever, glimpse the clarity to STOP!

To simply STOP and look around.

To look at what our programming is making us do.

To truly sit and examine if the path that we are on is the path that will take us to where we **ULTIMATELY** wish to go.

You see, man lives a life of Euphemisms. That which he searches for is almost never what he is truly searching for.

He chases surrogates. He follows shadows.

He rarely follows the Real Thing. The thing that he really seeks.

Why?

Because he doesn't really know what he truly seeks. And it is this which keeps him enslaved to a programmed path to nowhere.

Athletes are taught to “strive.” But striving is essentially a life of continuous hope. And hope exists only as an uncertain promise of what might one day come. But until that day arrives, he spends years “striving.” And this striving brings him nothing but Strife.

Athletes are taught to “beat and defeat.” Rarely do they come to the realization that this is very much a double-edged

sword.

For the athlete who attempts to “beat” another . . .

The athlete whose “confidence” and “self-worth” lies in his prowess of “beating another” lives a life full of stress, pressure, and turmoil. For though he knows that he CAN beat the other, he lives forever terrified that on any given day he
MAY NOT!

You might logically ask, “Is it not the goal of sport to defeat your opponent?”

My answer to you is, Yes. This is indeed the goal of sport. The sport of the meak and the hollow. The sport of modern commercial times.

If one learns to Access the full sum of his talent, he won't need to Resort to beating. Everything will take care of itself.

There are rare factions in the world, namely in the Ancient East, which created the greatest sportsmen that have never been rivaled to this day. And, for them, sport was not a commercial endeavor. It was an opportunity to refine one's craft to such a degree that they become world class Artists and true Masters.

And each and every one of these rare masters understood that in the chiseling of their artform, what was really being refined was their understanding of their own true nature.

Sport was an avenue by which to understand Life. And to understand the nuances of one's true self.

And this, my friend, is why they became legends!

The modern athlete views the field as a place to express his dominance. As a place to GAIN something.

For him, the field, the event, and the training ground is a place of Transaction. Good play in exchange for a reward.

And because he has been taught since childhood to see things in this way, he arrives to the field IN HOPES OF GAINING SOMETHING.

He arrives to the field with his hand out.

He arrives to the field as a beggar. (*The Modern Athlete Is A Beggar*: <http://bit.ly/athletebeggar>)

He has been taught to be a beggar. And a braggart. And an
egoist. And an achiever.

And this is why he lives his life in Abject Turmoil.

When the reporters have retreated. And the fans have gone
home. He sits in the corner of his room, unfulfilled.

He anesthetizes himself from his pain with alcohol.

And while the public is agast at how a person who “has
everything” could be so troubled and miserable, they do not
understand the path he has been asked to walk.

It is a path paved in gold, and lined with rose petals. And it
leads straight to Hell.

What is the Ultimate Life Truth That No Athlete Is Ever
Taught?

I will reveal it to you. But understand that words speak only
the summary of things.

True understanding comes from Experience. The heart
speaks the truth. The mind speaks rubbish.

It is certain that you have experienced what I'm about to tell you. But the moment you experienced it, you ran miles in the other direction in order to drown out this experience with yet more achievement and accolades.

Here is the truth. If you are courageous or destitute enough to simmer in it, it may help you. If you are not, for you these will only be meaningless words.

The field upon which you play has NOTHING to give you.

If you get nervous or feel pressure, this is a sign that you are trying to fill a hole within yourself.

If you seek help from a 'sport psychologist' to help you "deal with" the pressure, you are simply attempting to make your prison a little bit more comfortable.

Invest yourself in your craft. Heart, Mind, and Soul. And understand that your greatness will be a natural byproduct of this, rather than of your "hope" or your "striving."

Give yourself to your calling, without hope or despair.

Unless you arrive to the field as one who is fulfilled, you

will forever leave it unfulfilled.

Your life is not a series of events, as you might think. Your life exists within the length of a single breath. And along the width of a single moment.

Sleeping with a lead, going to wire to wire, coming from behind, are all pathologic phrases which stem from the depths of hope, stress, and pressure. And they resonate only with those who come to the field hoping to be filled.

And the only man who has the need to be filled is the one who is empty.

If you understand in your heart that there is nothing to gain, you will instantly gain everything.

If you understand that there is nothing to “strive for” all of your days from this day to that will be filled with equanimity.

If the dangling carrot known as the trophy no longer has any meaning to you, you will gain Access to the full sum of your talent.

When a smile cuts your cheeks, not because the fans are applauding you, but because you have reached a state of

complete Hopelessness, you will have arrived.

You will have become a living God.

And all of creation will bow to your great wisdom.

Are You Merely A Professional? Or Are You A Legend?



Since you were a child you wanted to become a professional athlete. And the world told you how difficult it would be.

They recited the dismal statistics from the rooftops. They told you to have a “backup plan.”

They told you that you didn’t have the necessary talent.

But you made it anyway.

But along the way something happened. In reaching your goal of becoming a professional, you might have proved them wrong, but the defeatist words that you heard did take their toll.

In a most dramatic and insidious fashion.

How?

The more you were told that you couldn't do it, the more satisfying it became to reach the goal of "professional."

And the more satisfying it became to become a "professional" the less likely it became that you were ever moved Beyond It.

Just getting there was so taxing and so satisfying, that it became the End rather than the Beginning.

The vast majority of your "professional" brethren will always be mere "professionals."

And chances are you will too.

Certainly, it affords you a nice living. You might have even

reached World No. 1 for a stretch of time.

And that made you the “best of the professionals.”

But you and I both know that those who “rank” athletes use
a system that is based upon algorithms.

**And algorithms have nothing to do with the human
heart.**

The “official world rankings” in any sport are a joke. So
let’s move beyond these facades that give athletes a
completely false sense of security, shall we?

I am about to tell you something.

I do not say it to be “negative”, for I don’t believe in the
negative or the positive.

And I do not say it to “motivate you.”

You will likely NOT become a legend in your field.

Not because you lack the requisite talent. Or even because
you lack the necessary motivation.

Then why?

Because you have not discovered the toxic and limiting nature of the culture in which you move.

Human beings in any field become legends not because of the culture, but absolutely and completely DESPITE IT!

How many legends have you seen around you, even in your own sport? Do you truly believe that this is because they lacked the necessary talent?

Certainly not!

You have the necessary talent. And most of them do as well. But neither you nor they will likely become Legends.

I say “likely” because there is that rare chance that you will see the truth in my words.

There is that rare chance that you will see the light.

I will list some reasons why becoming a legend is so rare. And I will relate it directly to YOU.

You might say, “But doc, you don’t even know me.”

Dear friend, I know the culture in which you reside. And it is so insidious that it swallows men whole. In knowing the culture, I know your history.

Here are the reasons that you will **LIKELY** never become a Legend.

You have been taught that “technique” is king. And because you have been told this for so many years, you’ve come to accept it as fact. As a result, you spend the vast majority of your “practice time” on technique. **And thus you WASTE YOUR PROFESSIONAL LIFE.** This is why you constantly say that “you know that you are better than your performances show.”

The Truth: Technique focuses on **THE HOW**. Within you is the intelligence to create **ANY HOW** that you like. But you have abandoned your inner intelligence, and you’ve surrendered it to **TECHNICAL COACHES**. As a result, you’ve become **DEPENDENT** upon their instruction. The truth is, that **IF** you were taught according to **PERCEPTION-BASED TRAINING**, rather than technique-based training, you would gain **ACCESS** to your wonderful skill. But you’ve been taught that it’s all about skill

ACQUISITION. But the Truth that no one ever told you is the reason that you lag behind. What is the truth? The truth is that it is all about skill ACCESS!!! If you have One Million Dollars in the bank, but you can access only 200,000, you've been told that because you can only access 200,000, you need to ACQUIRE Five Million More Dollars.

My dear athlete, would it not be infinitely more wise to spend your valuable time ACCESSING the One Million that you have already acquired?

You are constantly exposed to your fellow “professionals.” Their methods of training reinforce the fact that you are training correctly. Because they are being taught to “practice” in a way that will not get the best out of them, you feel vindicated for “practicing” the way that you do. You've been conned by all of the “scientific terms” like block practice, and variable practice, and deliberate practice. You've bought into Ericsson's misguided “10,000 hour rule.” You've been told that it's all about “repetition.” You've been told that it's all about the number of hours you put in, and blood, sweat, and tears, and “work till you drop”, and if you miss a day of practice “just remember that there is someone out there who will get an advantage on you.”

The Truth: Practice is a religious undertaking. (read: **The**

Secret Of True Practice <http://bit.ly/secrettruepractice>).

Practice has to do with understanding 1) the mind, 2) perception, and 3) your true nature as a human being. Effective practice sessions delve into the understanding as to why your actions occur as they do. Effective practice sessions value the intelligence of the human being within the athlete, and they EXPLOIT this intelligence. Effective practice sessions help the athlete understand the situations and the perceptions that NATURALLY produce a certain action on his part, without him having to use the wholly obtrusive modality known as “THOUGHT.”

And in understanding such things, the athlete gains MASTERY.

We now come to one of the essential keys that you have never been taught: MASTERY.

You have been taught to IMPROVE. You have been taught to PROGRESS. You have documented your progress on charts, and it has occurred at a snail’s pace.

You have been taught to be “better than” your opponents. And because you have been taught this, you measured your prowess over them in decimal points rather than a long row of

Zeroes.

You have been taught to be a Player. You have never been taught to be a MASTER.

This is why your game has so many peaks and valleys.

One day your “technique” is there. The next day it is “not.”

One day “you are on” and the next day you are “off.”

One day the putts “happen to drop.” And the next day they “just don’t.”

And the most disastrous part of all of this is **BECAUSE ALL OF YOUR FELLOW PLAYERS ARE SUFFERING FROM THE SAME THING, YOU HAVE TO COME TO ACCEPT IT AS NORMAL.**

And that which a human being accepts as NORMAL, he will never ever change. For human beings change only those things they feel to be ABNORMAL. And they leave the NORMAL alone.

And once you do this, your fate as a “mere professional” is sealed!

Mastery is an entirely different path.

From the manner in which you walk, to the manner in which you practice, and speak, and think, and not-think, and perceive, and react, and BECOME.

IS COMPLETELY AND TOTALLY DIFFERENT from the way in which you have ever been taught.

My way is my own creation. And it is to some degree inspired by the MASTERS of the ancient EAST who achieved levels of mastery that would make today's "professionals" look like playground children.

Dear athlete, you are on a Path toward RELATIVE
MEDIOCRITY.

Because you have succumbed to the culture around you.

I will not ask you to come my way. Or to allow me to train you.

Why?

Because I must confess something to you in complete

earnest:

The number of professional athletes that I take on are
Extraordinarily Few. And even the ones that I do take on, I
interview them and do everything that I can to Discourage
Them From Becoming My Client.

Why in the world would I do such a thing?

I understand it is bad for business. But what can I say? I am
a man who is **MOVED BY INSPIRATION**.

I have always been this way. And I will always be this way.

I already know that 90% of what I have learned through my
decades of experimentation on learning, perception, and the
human mind I will take to my grave.

TO MY GRAVE!

Not because I don't wish to share it.

But because the person who comes to me and says, "Doc,
I'M ALL IN," as Faldo said to Leadbetter in 1984 ("throw the
book at me")

The person who comes to me with tears of determination in
his eyes . . .

The person who says that he truly wishes, once and for all,
TO KNOW THE TRUTH!

Such a person is as rare as a supernova.

When I meet this **RAREST** of human beings, I am inspired
to open the locks to all of my safes. And to reveal to him the
TRUTHS and the **SECRETS** that he has never been told.

Not because I'm "PAID" to do so. But because I'm
INSPIRED to do so.

For I am inspired by those who seek to become
MASTERS.

I am inspired by those who seek to become **WORLD**
CLASS ARTISTS.

I am inspired by those who seek to become **LEGENDS.**

And no one else.

Namaste.

THE TRUTH . . . About Winning The Masters



The Masters is the most prestigious professional golf tournament in the world.

It takes place at Augusta National, which is the most prestigious golf club in the world.

Let us examine what lies within the mind of the golfers who are playing the Masters.

Let us examine The Truth.

As this applies to any elite event, high-pressure situation, or performance on the grandest of stages in any discipline.

The Mind plays up the masters. It whispers many things to the player. It knows exactly what to say.

It knows what to say to the player who is playing his first masters. It knows what to say to the player who has a lifelong ticket to the masters but who hasn't played well in the tournament in years.

The Mind knows.

And it in order to know what it knows . . .

In order to call its bluff . . .

In order to expose it . . .

One must know it so intimately, that the mind fears you coming. Rather than the other way around.

(Incidentally, this is why the Mind loves psychology and

sports psychologists. Because they know virtually nothing about the Mind. They are in the businesses of “fixes.” And there is nothing the mind enjoys more than to sabotage a “fix”)

We are here to speak Truth.

If your feelings are easily hurt, perhaps you shouldn't read this.

For this is an unflinching and uncompromising exposition of the Mind and the player who is attached to this Mind.

This is, and always will be, a place exclusively reserved for those who have the DNA for The Truth.

The Mind will mention “magnolia lane” several times. Because the mind is a recorder. And for those who have the detrimental habit of watching television, the mind will repeat what the media repeats. Watching television is like eating 17 snicker bars a day, and downing them with a two-liter bottle of Pepsi.

Every player is both excited and uneasy as he drives into the inconspicuous entry way to Augusta National. The guards greet him with clipboard and check off his name. And they

ask him to proceed down magnolia lane.

Let us discuss the player who is a veteran. Who, by virtue, of being a past Masters Champion has a lifelong ticket to the Masters.

The Mind might tell him that this year he might do well. That he might make the cut. Depending upon how well he is playing going into the tournament.

But he hasn't done well at the Masters in years. So although the hope may be high, the expectations are not.

For him, the Mind views this as largely a ceremonious affair. He invites his family, his friends, he rents a house, has gatherings each night for dinner.

Some of his friends might be seeing Augusta for the first time. Others might have been there before.

His Mind fills him with thoughts about his family and friends more than it fills him about the tournament itself.

Put simply, he isn't here to win. Perhaps in theory. Perhaps philosophically. But his Mind has completely and totally conditioned him to the idea that winning is something that can

happen only if a large number of conditions happen to go his way. And with each passing condition, the likelihood becomes so small, that this year's Masters becomes like all the others of recent past:

A ceremonious affair.

It is a family gathering, with a tournament thrown in for good measure.

Now, the Mind will read these words and one or two (or both) things may happen:

The Mind may take offense to my words. It may say, "How dare you say that. Do you know that I'm a Masters Champion? I come here to win. Not for some ceremony!"

Allow me to respond to the Mind on this point:

"Who do you think you're fooling, Mind? I'm not some "sports psychologist" sprinkling fairy dust and telling you to have some horseshit pre-shot routine! I suggest you keep your mock outrage to yourself. I'm not biting. I know you inside and out. I know what you're doing to this poor fellow. Look at him! You've turned him into a shell of himself. He hasn't made a cut in years. Because of You!

And let me tell you this, Mind. If you really and truly believed that this year was going to be different, you would do everything different. I don't know what precisely you would do. Because the details are unimportant. But the Intent and the Inspiration behind those details would speak volumes. You're not serious and you know it. You're already planning the dinner gatherings. You're looking forward to walking on the grounds with your Green Jacket. But you know that that green jacket you have, is the one and only one you will ever have! You can call me whatever you like. I'm calling you to the carpet. I'm not dancing to your tune. The Truth . . . is my witness."

The other way in which the Mind could react is the following:

"Kapil, so you're saying that I need to really believe in myself. Right? That I shouldn't have brought my family and friends. That I should have come here alone with a single-minded focus to do well this week?"

This is how I will respond to the Mind on this point:

"Mind, I'm not asking you to believe in yourself or even to make your player believe in himself. Whether you should

have come alone or with family and friends is immaterial. It is the Intent, the Intent, the Intent. It is about Seriousness. But I will say this, I doubt Musashi, the greatest swordsman who ever lived, would have treated this as a family gathering.

That's all I'll say about that.

Listen, Mind. I don't care whether you and your player come in first or last. I don't care whether you end up making the cut or missing it. But what I do know is that human beings seek Engagement and Satisfaction above all else.

And if you came here with an absolutely Visceral desire to kill yourself, to do what needs to be done, to lay your blood and liver on the line, then Engagement and Satisfaction you shall have. Win, lose, or draw.

But the Truth is that you haven't had this sort of satisfaction in years. And by laying it on the line, I don't mean physically battering yourself. I don't mean banging balls on the Augusta range for hours. Because if you do this, I will see what you are doing.

Your 'hard work' doesn't fool me, Mind. Because I know that you'd only be doing it to give yourself the false satisfaction of having worked hard. And when you fail this year as you have for the last ten, then you can say that it just

wasn't meant to be.

I know you inside and out, Mind. I see right through you. I know when you are genuine. And I know when you are faking it.

I will leave you with this, Mind. You will only be able to stand tall when you know that you came here with a real and genuine mission. Not a ceremonious appearance. Not a god damn picnic with a recreational round at Augusta National!

And if you came here with a Genuine Mission and a Genuine Plan, the way that you feel will be completely different as you are on the grounds all week. You will walk as a True World Class Sportsman. Because, guess what? That's exactly what you are!

You will feel, once again, that you Belong. The way you used to feel. The way you did on that fateful day when the world shouted your name.

And it might shout your name again.

But you must be worthy of this honor. Not necessarily by even your performance.

But by the Seriousness that you bring. By the tears in your eyes. By the love that you devote to this week.

First become That! And each stride you walk will be a win in itself. For you will walk as a Serious Player, and not a ceremonious one.

I won't forget running my fingers down that placard in the Champions locker room last year, and seeing Tiger's name on it 4 times.

There is a reason.

And you can be in that company.

Why?

Because you are a Man. Because you are a Human Being.

And the glory of that humanity that beats within you is unleashed when you become Honest.

When you become Serious.

And with fire in your eyes, you become ready . . . for THE TRUTH!"

CEO's Celebrities

Move Toward, Rather Than Up

The untrained mind always seeks more. This is its nature.
Movement simply for the purpose of gain is reactionary.
Movement for the purpose of fulfillment is progress.

What are you moving toward? Are you attempting to move up simply for movement's sake? What do you want to achieve? Who do you want to be? Where does your fulfillment lie?

The more precise your goal, the easier it will be to find your path. A reflexive search for more will only result in a desire for more.

What Competition?

The problem with keeping one eye on the competition is that it leaves you with only one eye on yourself.

One of the many problems with our society is that people look at each other as competitors. I am not saying that you need to look at them as your friends. I don't care if you look at them at all. I am telling you to look at yourself. And keep looking at yourself.

What fulfills, and what ultimately sells, is originality. And originality comes from a complete and unflinching focus on oneself.

When you commit entirely to being you, you have instantly eliminated the competition. When you have convinced (not motivated) your employees that you want them, in their unabashed entirety, their identity becomes as valuable as yours.

In the end, your success will not depend upon how much cheaper you can do it, but how unique your IT is.

Your success will not depend upon how much better you

are than them, but how much better you are at being you.

How?

The most common question I am asked is HOW?

How does my business survive in difficult financial times?

How do I stay current with the times?

How will I know if I am on a precipice?

Such questions are impractical because success does not come from sensational answers as much as it comes from profound questions. The questions listed above are about survival. If the reason you are in business is simply to survive, then such questions will constitute the majority of your focus.

If, however, the business that you are in represents a calling, a pursuit borne of passion, then the questions that you will ask will likely be related to exploration rather than survival. Naturally, you will want to survive and thrive in the market conditions within which you exist.

However, your questions will be more fundamental to your humanity than to your prosperity.

Once a person has found the WHAT, the HOW generally comes. It may come in fragments, spaced out over time. But come it must.

I have found that HOW is largely borne of curiosity. And curiosity does not lead to transformation.

When the question that chooses you bears flesh and bone, the necessary answers will come in time.

But beware, these answers may come disguised as questions.

The Recipe for Success



It is indeed seductive to explore the recipe for success. As the logic goes, if you want to be successful in a certain field, then it makes sense to study those who have succeeded before you and follow their example. This is certainly a logical concept and one that has spawned much research and numerous book titles.

As always, we must examine the nature of the question/concept that we are exploring. In examining the concept of

walking in the footsteps of successful people, the concept assumes that the primary contributors of success are the visible and imitable behaviors of successful people.

There was once a man named Govind who worked long hours yet earned little money. His wife was constantly upset that despite committing years of hard work, he could barely support his family. So one day, she told Govind, “You are so stupid.”

“What did I do?” Govind said.

“You have spent all these years at your job and you have nothing to show for it. There are others who work far less than you but they have so much more.”

“Who are you talking about?” Govind said.

“Look at the Swami from the nearby village. All he does is sit on the side of the road wearing a saffron robe. And every single day people give him money and food and even jewelry. If you were smart you would do the same thing.”

Govind was intrigued. His wife bought him a saffron robe and for the next two weeks he too sat on the side of the road. Thousands of people crossed his path and no one offered him

anything.

His wife said, “Maybe if you were more smart, you would go to the Swami and ask him what his secret is.”

The next day Govind went to the swami and asked him if he could have a word with him.

“Certainly,” the swami said.

“Swamiji, I am confused. We see you here every day sitting on the side of the road. Many people come to speak to you and provide offerings of money and food and jewelry. I tried this myself. Yet nobody offered me anything. Can you please tell me your secret?”

The swami could not contain his laughter.

“Why are you laughing?” Govind said.

“My dear boy, when I was young I too longed for such things. I longed for money, jewelry, cars, and clothes. But they never came. As I sit on the side of the road, I offer only my blessings with no thought of receiving. And yet the gifts come in bunches. Please see, my boy. Fortune is fickle. If you chase her she will run the other way. If you turn your back on

her, she will chase after you.”

If Govind remain convinced that following in the Swami’s footsteps was the way to success he would have gone back to the road the next day and tried to manufacture blessings for those he saw and attempted to deny thoughts of receiving. Had he done this he would have likely gone home empty-handed yet again.

Why is this?

Because the behavior of successful people is not their secret to success. Behaviors are only a manifestation of something far more fundamental: A man’s unflinching commitment to his cause. This is his secret. The behaviors that stem from this commitment may have the residue of this secret. But they are not the secret itself.

Imagine a business that has thrived through difficult market conditions. The headline or the book chapter will read: *The Business thrived because they refused to downsize*. Therefore, the take home message is that when you face difficult times be certain not to downsize. This was a behavior which resulted from a more fundamental belief of purpose that the company had. In order to stay true to their purpose, this was the path they chose. It may have happened to be the right

choice in this circumstance. But in other circumstances this very same company had made decisions which did not turn out well. But whether a certain behavior worked or didn't work, the allegiance was not to mimicry or behavior, it was to their purpose, their cause.

While there certainly are some methodologies that can be learned from others, the bulk of the journey will always be your very own.

To retrospectively assign causality to a certain set of behaviors is to fail to see the nucleus which controls the organism.

To the man who is ensnared by a cause, the way will be revealed.

Why Am I Not Happy?

Because you do not prioritize happiness.

Loyalty

What matters most is not what you do for your clients, but what you elicit within them.

Positive Thinking?

The mind does not necessarily operate according to logic. It operates according to untempered emotion. And often, irrationality.

Who could argue with positive thinking? Is it not a must in achievement of success and performance?

Like all that is life, it depends.

If an athlete is generally positive, if this is his outlook on life, his natural demeanor, there is no issue worth discussing, for he is living with himself, as himself. What of the athlete who tends to view the negative side of things, for whom positivity is a tool, an aspiration, a bridge to somewhere?

If he hits an errant shot, he is advised to look at the bright side. If he fails to qualify for an event, he is told that there's always next time. If he makes a faulty play, he is advised to forget about it and move on, to detach himself from the results, to live in the present, to not cry over spilt milk, and charge forward.

It seems like perfectly sound advice.

But what if the athlete continues to hit errant shots? What if he continues to make faulty plays? What if he fails to progress toward his goal?

What if looking at the bright side, while temporarily appeasing his disappointment, does little to advance his career? How long will he continue to forget about the last shot?

And if he does not ultimately achieve his dream, the very same advisor or psychologist, the very same consultant, who advised him to keep his chin up, and think positively, will also tell him that he should be proud of himself for having given it his best shot. And that, after all, not everyone can be Tiger Woods.

With respect to the achievement of one's goals, are there no athletes that have been driven by negative thinking? While, in some cases, it may be advisable to forget the errant shot, is it not advisable in other cases to keep that shot in the forefront of one's mind so it never happens again? Is it not sometimes worth losing a match in order to learn the lesson that this mistake that you have repeated again and again has cost you dearly? What if one were actually advised to ponder and fret and beat himself up over a particular mistake that he has made

for years. What if he was advised to live with the mistake, think about it, even reenact it in practice, anything but forget it, so that he learns to once and for all eliminate it from his repertoire?

Are some not driven by the prospect of riches, directly to ultimate success? Are some not motivated by revenge, humiliation, acceptance from the public, parental approval, envy, and jealousy? Is this positive thinking?

In virtually every sporting event at the highest level, athletes routinely curse, throw clubs, complain, and shout, and these are among the best players in the world? Did they only begin this behavior after they turned professional? Or have they been doing this all along? And if they have been doing this all along, how did they break every sport psychology rule in the book, yet still succeed? If they succeeded this way, why are amateurs taught to live by a different standard?

Everything that one does depends upon what their ultimate goal is. If their goal is to live a life in which disappointment and worry is kept in check, then one may adopt the principle of positive thinking. If one's goal is to succeed in his given craft, positive thinking may work for some, and not for others.

The world is not a neat and orderly place where parents

don't push, and children are left to play, and success is no consequence, and failure is brushed aside. The world is what it is. Different situations present themselves in vastly different forms, to individuals of vastly different sensibilities and backgrounds.

Do you believe it is difficult to find thousands, if not millions, of positive thinkers who ultimately failed? Do you think it will be difficult to find negative thinkers who succeeded? Do you truly believe that either will be the extreme exception to any perceived rule?

The journey to success is wholly unpredictable. And often unpleasant.

The mind responds to negativity as much as it responds to positivity. It simply depends upon the individual, his life experiences, and his circumstances.

Those who succeed break all the so-called rules. And yet those who strive for success are advised to follow them. Should the individual be made to fit into the principles of sport psychology, or should sport psychology adapt to fit the needs of the individual, no matter how counterintuitive they may seem.

Is it not more effective to look at the individual as an individual, rather than as an aphorism? Is it not better for the athlete to be free in allowing himself to respond in any manner that contributes to his motivation and allows himself to succeed?

The road to success is full of complexity, disaster, glory, and abstraction. It is wild.

Why the insistence upon taming it?

Self Talk

A common piece of advice given to individuals is to engage in positive self-talk. The self-help community has espoused the uttering of aphorisms for decades. The logic behind this practice seems to imply that a statement spoken to oneself will make himself believe it. Once he believes it he will feel better about himself and this will enhance his performance.

But there is a problem.

When the person tells himself that he is the best, who is doing the listening? Are the words any match for the mind that has already convinced this person that he is not the best?

And even if temporary results are achieved, what will happen when performance falters? Will the aphorism maintain its power?

Do you truly believe that performance can be maintained on the cloud of a clever phrase? Do you believe that the mind can controlled by repetition of a particular statement?

The mind is such a force that it has controlled the manner and breadth of your existence since the day you were born. It

has regulated your beliefs, your passions, your prejudices, and your perceptions. It has spawned your thoughts and the full intensity of your emotions through each and every event in your life.

It has controlled mankind since the beginning of time. It governs nations and conducts wars. It lives through the breath of every human being.

And you have come to tame it with nothing more than a phrase?

There are techniques. And we can explore them. We can enter its domain and understand its nature. We can peak behind the curtain into the belly of the machine. And in doing so, all things will immediately become possible.

It can all be seen. If you are willing to abandon these silly little games.

It can all be seen. If you truly wish to see.

Access to the Treasure

Coaches and athletes are addicted to the concept of skill acquisition. The practice, the drilling, the repetition is all aimed at the compilation of a greater and greater amount of skill. It is seen as a valuable commodity. And valuable it is, if it is available upon demand.

Of what use is a generous bank balance, if withdrawals cannot be made? Of what use is a storehouse of skill, if it cannot be used?

Is this not a common scenario? How often have you encountered the athlete that dazzles in practice, fizzles in tournaments? If an athlete has worked for the skill and stored the skill, why is it not always available to him?

Where does it go?

While practice is a matter of skill acquisition, performance is a matter of skill access. **And accessing the skill is a skill in itself.**

In fact, accessing the skill is perhaps the most important skill. But very few focus on it.

Why?

Perhaps they believe that a sufficient store of skill will, by a process of osmosis, bleed into the athlete's performance. If this is so, it is natural to, then, spend all of one's time acquiring.

But what if this is not the case?

What if a given athlete finds himself able to only access the same amount, no matter how much skill he acquires?

I believe that few practice this skill because, 1) they do not recognize it as a skill, and 2) even if they do recognize it as a skill, they do not understand the manner in which to develop it.

Would you not take one hundred percent of modest skill, over an unspecified and varying proportion of supreme skill? Rather than go on acquiring, is it not time to stop and gain access to that which has already been developed?

Is it not time to raid the treasure that you have for so long labored to amass?

Performance Anxiety

Dr. Gupta, can you please give me some tips to deal with performance anxiety?

A search for tips is a search that never ends. There are thousands of sport psychologists, coaches, and motivational speakers who will give you tips. I am much more interested in exploring the problem. I am interested in understanding *why*.

Therefore, perhaps it would be appropriate to ask a slightly different question, such as, Why do I experience performance anxiety?

You experience performance anxiety because you seek to make a deal. A performance in exchange for a reward. The nature of the reward is inconsequential, be it applause, recognition, or professional advancement. In any such transaction, anxiety is almost certain.

Why not make your performance an offering. This way, if it is accepted or not, is immaterial. You offer with no strings attached. As such, there are no consequences. And if any action is seen as having no consequence, there is no reason for anxiety to arise.

As long as there is a performer, there will be anxiety. When the performer disappears, the anxiety will as well.

The Journey

If there is a problem with the world it is its addiction to instructions. Lists of how-to's, roadmaps, directives, blueprints, and directions. Society is convinced that such things truly exist. And there is no shortage of individuals who are eager to take advantage.

Scientists study myelination as an explanation for skill acquisition. Media outlets sensationalize celebrity biographies. And the public listens to the stories which support their own ideologies.

Why is society convinced of a roadmap?

Because it has no interest in the search.

What it fails to realize is that a roadmap is not the one you follow at the beginning of the journey. It is the one you create as you traverse it.

The athlete craves reassurance of his talent. If he receives sufficient external praise, it allows him the fortitude to begin the journey. Such a journey is doomed from the start.

The dancer craves acceptance. He lives his life anticipating criticism or praise. He relishes one whilst avoiding the other. What he does not recognize is that they are fundamentally one and the same.

What both of them will face is endless struggle. For what they both lack is sincerity.

The path to success is ill-defined. Following in the footsteps of another will lead you away from yourself.

For the individual who succeeds, the journey is neither path nor promise. And often what he finds is different from that which he believed he was seeking.

Success is not his reward for seeking. It is a reward for the sincerity with which he seeks.

It is far too often the case that one's craft is sacrificed in exchange for what it can provide. When the craft becomes a vehicle, the sincerity has vanished. And the journey leads nowhere.

Society is far more in love with arriving than it is with seeking. More in love with deliberating than with embarking. And more in love with following than with leading.

Nature reveals its secrets to the man who is sincere. Not because it wishes to. But because it has no choice.

Resistance

In his book, titled, *The War of Art*, Steven Pressfield speaks of something he calls the resistance. And I would like to devote a few discourses to it, as I find it to be a very illustrative concept.

Mr. Pressfield has also written what is, in my opinion, the most insightful book about golf and the inner journey that I have ever come across: *The Legend of Bagger Vance*. His work and his perspective is unique and most valuable.

This resistance is a universal phenomenon. Essentially, it is that force which keeps the writer from writing, the actor from acting, the athlete from practicing, and the dancer from dancing. It is the force which keeps a human being from pursuing that which he recognizes as his life's true purpose.

We have all experienced this force, regardless of the nature of our disciplines. I believe it is composed of several aspects, and I will discuss one of them in this discourse.

Resistance, like all other forces, emerges because there is a reason for it to emerge. It is a natural product of something.

The natural result of a given cause(s).

A significant factor in the emergence of resistance relates to the perspective from which we view our craft. What a writer dreads is not so much the act of writing, but the act of sitting down to write. The most difficult part of the journey toward exercise is the journey to the gym, not the journey of the exercising. The most difficult part of practice, is the act of going to practice, rather than the practice itself.

Regardless of one's craft, it is the *thought of going to do* which generates the resistance. For once the act is underway, the resistance typically disappears. For it recognizes that it has lost the battle.

A tactical remedy for this would be to fall in love with *the act of going*. Fall in love with *the act of sitting to write*.

However, as you know, it is not my way to give prescriptions, as I am much more an advocate of exquisitely defining the problem. For this act of exploring the nature of the problem is itself instrumental in providing the solution.

Let us, therefore, return to my earlier statement: a significant factor in the emergence of resistance relates to the perspective from which we view our craft. What I mean by this is that when we look at our craft, our calling, or whatever

it is that we pursue, the image that we see is *contaminated* and these contaminants contribute significantly to the emergence of resistance.

What is this contamination, that I speak of? The writer who experiences resistance is not sitting down to write, he is sitting down to *create* something, *work toward* something, *complete* something. In other words, he is sitting down to *contribute toward a goal* of some sort. This may seem like an innocent, and even laudatory, act. For it is commendable to work toward a goal, is it not?

As always, the question is not one of good or bad, or commendability, or social appropriateness. It is a question of *a given cause producing a given effect* within a human being. Whether it is good or bad, right or wrong, admirable or not, the concept of a goal produces resistance. If the writer is sitting down to *work on a book*, he will feel resistance. Because the book will be seen as a chore to be completed, a mountain to be climbed, a hurdle to be crossed, it will create resistance. If the act of writing is *goal-less*, ambitionless, and with absolutely no ulterior motive, resistance may not emerge at all. If the day's writing is seen as an exploration, perhaps resistance may not come. If the trip to the dance studio is seen as a necessity in order to practice for an upcoming performance, there will likely be resistance. If the trip to the

dance studio is seen as a way in which to escape the world, perhaps resistance will not come.

The more pure and uncontaminated is *the perspective* of one's craft, the less likely it will be for the flower of resistance to bloom.

The natural retort will be the following: *If I don't work toward a goal, I will lose focus and the goal will not be fulfilled.*

I contend that it is the thoughts of the future, the goal, and what may be that make one lose focus. For these are the thoughts that keep one from working, as Hemingway once said, *without hope or despair.*

I am not saying that one should not have goals. For some, the goal is the very thing that keeps him on his path. What I am saying is that the more that one's craft and the passion for exploring it are front and center, the more complete is one's love for what he does rather than where it might take him, the less resistance he will encounter. And, therefore, the more complete will be his efforts. And if an individual's efforts and devotion to his craft are complete, the goal he once perceived will not only be reached, but surpassed.

From Where Does Focus Arise?

Focus is not a place you go. It is a place which comes to you.

It is not an achievement. It is not an accumulation. It is that which remains when all that needs to be shed, is shed.

To attempt focus is to move away from it. For it is not a squinting of the eyes, but a relaxation of the brow. It is not a forcing of the breath, but an immersion in air.

It lies more in the weight of the instrument, rather than in the utilization of it. It lies more in the delicate guidance of the shot, than in the control of it.

Focus is not a matter of control. In fact, it is an abandoning of it.

From where does focus arise?

Perhaps from many places. Perhaps most of all from surrender.

In losing control, something more is gained. Something

beyond the person's grasp. Something that cannot be
described. Only felt.

Focus is a dream. A dream that is free of all desire. A dream
that consists purely of purposeless action. In which skill, in its
purest form, takes hold of the moment and exercises its free
will in all its unabashed glory.

And in such a moment, the impossible instantly transforms
into the inevitable.

Is It Talent Or Hard Work?

For much of my life I have held to a particular belief that has been at the core of my constitution. It has been the subject of many long-winded discussions with individuals from all walks of life.

I have always maintained that effort trumps talent. I have given the examples of streets that are littered with talented people who failed to capitalize on their talent for lack of effort. For lack of work.

I still hold true to the belief that if a particular individual, regardless of his level of talent, given a sufficiently robust desire to achieve can certainly achieve. I will always maintain that a visceral desire to achieve will always come to fruition.

My argument was supported by Anders Ericsson's work on deliberate practice. Followed by Malcolm Gladwell's book, *Outliers*. Along with Geoff Colvin's book, *Talent is Overrated*, and Daniel Coyle's book, *The Talent Code*.

But, for me, the question has now changed. My question has always been, "If one harbors less talent than another, can this deficiency of talent be overcome by effort and hard

work?” The question that has become of enormous interest to me in recent years is, “What talent lurks within a given individual, for which he will not have to RESORT to hard work?”

A most interesting question.

I now find myself on a slightly different side of the issue. Those who believe that work trumps talent will immediately respond with, “It does not matter how much talent you have. Particularly in the professional ranks, there are loads of people with immense talent. For any one of them to surpass the other, this will need to be achieved through hard work.”

A few years ago, I myself would have given the exact same response.

I am a student of nature. I do my best to make sense of what IS, rather than what I would like it to be. Any serious conclusion must allow for all of the possibilities that do, in fact, exist. And not just those which conveniently fit the conclusion.

What do I mean?

In my dissection of the issue I have often come across

individuals at all levels who simply do not work as hard, or put in as much effort as many others. But they are still world class. Often times, these individuals are **more successful** than their colleagues who clearly work harder than them.

To simply write these individuals off as exceptions to the rule would be most unscientific and insincere of a true seeker.

So how do we explain this?

As much as it pains me to say so, these individuals simply have more talent for a particular endeavor than many of their colleagues.

But so what? What is the practical value of such knowledge?

It relates to a recent discourse of mine, titled, *Practice That Which You Love*. (www.siddhaperformance.com/2013/12/03/practice-that-which-you-love).

As always, the trick lies in refining the question. My question is, “For a particular individual, there is a particular skill or skills, which come far easier to him than anything else? What are they?” “For the same individual, there are **skills within those skills** that come far easier to him than

anything else? What are they?”

Perhaps the question lies not in pitting hard work against talent, but in discovering the **talent within the talent**. Perhaps it is more a question of identification, rather than work. More a question of exploration, rather than sweat.

I am about to make a most heretical statement: **Perhaps hard work is the penance for not having sufficiently explored and identified the true nature of one's talent.**

This, coming from a man who has believed in nothing but effort and work for much of his adult life.

I simply cannot ignore the large number of examples that exist in virtually every sport, art, or any vocation, in which there clearly are those who simply do not fit the theory that hard work is a necessity for success. There clearly are those to whom some things come far easier than to others.

And perhaps this is where the future of discovering world class skill lies.

I must make it clear that many of those who maintain that talent trumps hard work have an ulterior motive. That is, they believe that since one lacks the talent, he simply cannot

achieve his goals. This provides a convenient excuse for them not having achieved success in their own lives.

What I am advocating is precisely the opposite. That is to say, if one lacks talent in a particular endeavor or sub-endeavor, then search deeper in order to discover where the talent lies. BECAUSE IT IS THERE SOMEWHERE.

Perhaps the gold mine is waiting to be found, rather than created. Perhaps all of these so-called 10,000 hours of training, and drilling, and working, are not as contributory to the attainment of world class skill as we have believed them to be.

Perhaps hard work is more of a societal ideal and a well-meaning philosophy rather than a scientific truth.

How many individuals are out there working hard? How many individuals are out there putting in ten thousand hours? How many individuals are out there spending thousands of dollars on instruction? How many individuals are out there drilling and training?

HOW MANY OF THESE INDIVIDUALS BECOME
WORLD CLASS?

HOW MANY OF THESE INDIVIDUALS ATTAIN PROFESSIONAL STATUS?

The numbers are right in front of us. And they are dismal.

Is it really logical to blame the 99% failure rate on the
individuals themselves?

Or do we need to look squarely at our belief systems and
training methods and examine them for their scientific merit,
rather than our historical ideals?

Do the hard working ones really make up the bulk of those
who become world class? Or is this a skewed highlight reel
that is being run across the screen of our minds in order to
propagate this ideal?

In the end, perhaps the greatest talent lies in identifying
one's talent.

The Underestimated Ingenuity of The Human



To lead someone by the hand is indeed an addictive impulse. Particularly for parents and teachers.

With each passing day, I grow more hesitant of teaching. I adore teaching. It's in my blood. But the years have been teaching me a lesson. That teaching is far more dangerous than I once thought.

The Hippocratic Oath states, **FIRST DO NO HARM.**

Perhaps this should be posted above the mirror of every teacher.

I have had some powerful insights over the last several years. Perhaps they are a reward for my willingness to listen. A reward for admitting that I know much less than I thought I knew. That it would serve me well to learn more than to teach.

A vision has been forming before my eyes over the last several years. And it grows clearer by the day.

It is the realization that TEACHING KILLS.

Learning takes place not because of teaching, but despite it.

Learning occurs from within the human being. And when the human being dances to the tune of INSTRUCTION, his ingenuity begins to wither.

We have before us millions of magnificent specimens in the form of human beings. They have enormous talents. They have a brain that has evolved over seven million years. They have a body that is a masterful machine.

And here the teacher stands attempting to guide this wondrous creature's hands as if it were an invalid.

The path that any man takes relates to the questions that drive him.

What I am driven by . . . what I am fascinated by, is the creativity of the human organism. If I teach someone something, I immediately LIMIT THEM. I cast them in stone.

Why?

Because my most fundamental message in teaching them is to follow my instruction, to mimic my movement. In doing so, he simply becomes another robot in the army.

What I am most interested in is not how well he can follow my instruction. What I am most interested in is WHAT HE HAS TO OFFER THAT I HAVE NEVER BEFORE SEEN.

This is my message to to a talented student:

Show me something pure. Untainted by the hand of man. Something primal. Something wholly original. Something that is yours and yours alone. And please allow me to stand witness to it.

For in the creativity . . . the uniqueness . . . that you

demonstrate lies the glory of your creation.

And my fear in teaching you is that I will suppress what is uniquely yours, in exchange for that which is commonplace.

If I do offer words, I will whisper them in the bottom of your ear. Sparingly. And with great trepidation. So as not to prevent the full bloom of your originality.

Allow the fullness of your creation to unravel before my eyes. So that I may learn what can never be taught.

Why Become CERTIFIED In Anything?

Allow me to be the first to plead guilty to this idea of becoming CERTIFIED.

As a physician, certification was absolutely necessary for me to attain employment. I gritted my teeth and went along with it for that sole purpose. But it does not detract from the fact that I did succumb to the system. It does not absolve me from the preposterousness of becoming certified.

Certification has been the norm for many decades. There is an agency that is created who establishes certain rules and guidelines in order to portray a sense of authority or officialness. It then requires those who wish to add some letters behind their name, to pay for examinations and annual fees in order to have the privilege of the perceived cache that comes from belonging to it. Upon passing the examinations, and paying the fees, one is deemed worthy of the stamp of approval. He is officially CERTIFIED.

This has now been taken to an even more preposterous level. Instead of an agency, we now have INDIVIDUALS who conceive of a particular idea, with which they have had

some success. This individual then seeks to capitalize on this idea by teaching others the idea and **BRANDING THEM** certified in **HIS IDEA**.

This reminds me of a story.

There was once a lion cub who was raised among sheep. And because he was raised among sheep he began to bleat like sheep. One day, a lion leapt from behind the bushes, roaring toward the sheep. Immediately, he noticed the lion cub among the sheep, bleating like the sheep. He spoke to the cub and told him that he was a lion. But the cub didn't believe him. So he took him to a nearby lake and in looking at his reflection in the lake, he became aware that he, in fact, was a lion after all. It did not take long for his bleat to become a roar.

Why does man not invest in his own ingenuity, rather than riding on the backs of others? Why does he not see that he is, in fact, a lion?

Originality seems to fade, regardless of the endeavor, which each passing year.

It is not that the originality is not there, the problem is that the human being does not believe that exists within him.

Why not create YOUR OWN path. Your own unique style and grace, ABSOLUTELY INDEPENDENT OF CERTIFICATIONS? Why not release into the world your own genius, borne of your own experiences and those many insights that you have had over decades. The insights that you quell almost as soon as they surface, in the fear that you may be ridiculed.

Reliance and dependence have become the order of the day. And there is no shortage of those, individual or institutional, who seek to capitalize upon this.

There is a sense of thrill, a surge of blood, which comes from UNABASHEDLY SENDING YOUR VERY OWN IDEAS INTO THE WORLD. Be they ridiculed, be they failures, you remain standing as a lion. And soon, release the next batch with the very same unabashed fervor.

Perhaps the greatest thing we human beings have to offer are the very things that we suppress.

Perhaps those whispers of greatness that we have heard so many times are actually ROARS in disguise.

10,000 Hours: For Whom Does This Bell Toll?

Dr. K. Anders Ericsson, Professor of Psychology and Conradi Eminent Scholar at Florida State University, investigated the development of expert performance in various disciplines. His work concluded that it takes a minimum of 10,000 hours of deliberate practice in order to achieve expert, world class ability.

It has been wonderful to communicate with Dr. Ericsson via several electronic mail correspondences. I believe Dr. Ericsson's work to be most relevant, primarily with regard to its role in diminishing a societal insistence upon the disproportionate role of talent in the acquisition of world class skill.

Mahatma Ghandi once said (paraphrase) "It's an interesting idea, but I doubt that it will have the effect that you think it will have."

Human beings do not see the raw and grainy reality of situations. They see them through the prism of their minds. They do not hear the words as they are spoken. They hear them in abridged form, filtered through their perception.

A person achieves success and scientists seek to package and bottle his recipe. But what is often overlooked is that the success that was achieved was non-formulaic to begin with. It consisted of winding roads, not linear ones. It was not the road map that made the individual. It was the unflinching desire to remain on the journey.

Any recipes, formulas, blueprints, and recommendations will, by definition, be artificial. Because though they may have limned some silhouette of the journey, they will have failed to capture its essence.

The man who embarked on the journey succeeded. But the one who tracks his steps will likely fail.

The popularization of 10,000 hours will lead to legions of athletes who will mechanically follow a formula in exchange for success. Coaches and parents will document the number of hours in their pursuit of the magic number. And in doing so, all of them will have missed the point.

For the athlete who asks how long it will take, the time will be too long. For the one for whom success is the only choice, time is irrelevant. While the former will forever have one eye on the clock, the latter will have both eyes on his path.

The Return Home

Whether you are an athlete, a performer, or a coach, please
lend me your ear.

Have you not yet seen the truth? Have you not yet seen
through the facade of those who profess to HELP you? No
matter how well-intentioned they may be, they are powerless.
If there even is such a thing as a FIX, they can do it for
themselves. But they can NEVER fix YOU.

No human being has the power to fix another.

Why?

Because you were made a fully functioning human being,
complete in himself. But somewhere along the way, you, I,
and all the rest of us, began to perceive things in a way that
was false. We strayed from ourselves and embarked upon a
search to fulfill ourselves by looking outside of ourselves.

We became entranced by the shiny lights, the trophies, the
money, the glory, and all of these so-called achievements. We
began to believe that this was perhaps the way back to a
feeling of fulfillment. Back to a feeling of wholeness. Back to

the feeling that we had when we were children, when that indescribably small moment in which we lived was our entire world.

In this new world, we eventually discovered that we were not headed in the direction that we assumed. So we enlisted the help of advisors who pointed the way.

They pointed the way.

But I ask you now, what are they pointing toward? Which road are they asking you to traverse? And where precisely does that road lead?

Does the road lead to where you want to go? Or does it lead to where you need to go? Is this the road that leads back to your innocence, and your primordial state? Or is this the road that took you away from it?

The more solutions that you seek, the more problems you will face.

I know, because I am walking the very same road. I also am trying to find my way back.

But I do not enlist the help of advisors.

Why?

Because they are in the business of advising. They are so busy pointing the way for you, that they have not even realized that they have lost their own.

You and I must find a way back home. And we must do so ourselves.

We will be guided not by the voice of advice, but by the depth of feeling.

The very same feeling that told us that we had strayed, will be the very same one that guides our return.

Something inside of us will guide us. It speaks to us in different ways. But always through feeling. Always through the heart, and never the mind.

We have become so conditioned, so completely accustomed to asking for the way, that I spend more of my time denying help, than offering it. Though some continue to press for a prescription, I refer them back to themselves.

Why are we so addicted to asking for the way?

Because we are afraid to walk alone.

But there is no other way, my friend. Alone you strayed,
and alone you must return.

How can it be otherwise?

Someone else can certainly help you find a way to a
particular place. But how can he help you find a way back to
yourself?

The irony of it all is that NONE OF US is seeking that
which we believe we are seeking. All desires for the shiny
little achievements in this world are SURROGATES, one and
all. Regardless of what we might say, or what we profess to
believe, we are not seeking those things at all. We are seeking
ourselves within those things.

Is it not time to realize this?

Is it not time to understand that all we have wanted for the
bulk of our existence on earth, is a way back to ourselves?

Is it not time to return home?

Mediocrity Is Certain

For professional world class performers, athletes, and coaches, mediocrity is certain.

Not in comparison to amateurs. And not in comparison to their competitors. Not in comparison to anything at all.

Simply, that for the overwhelming majority of professionals, they will NEVER reach a place in which they will have the full sum of their talent available to them upon demand.

And the more sport psychologists they see, the more certain this truth will become.

You don't believe me?

Examine your own career, be it coaching or playing? How often did you have all of your talent available to you during your career? How often do you have it NOW?

“Yes, but I didn't have what it took to be a top professional. The professionals are on a different level than me.”

Very well. Of the professionals that you teach, how often do they have the full sum of their talent available to them?

“I don’t teach any professionals.”

Very well. Of the professionals that you watch, how often do they have the full sum of their talent available to them?

“Well, that’s just the way it is. Everyone knows that athletes are at their best only a fraction of the time.”

This is the problem with society. It is so content to rest upon the status quo and to find reasons to justify the way things are, that progress is only made by very few.

And who are those very few?

The ones who spend their time challenging conventional notions, rather than justifying them. The ones who explore evidence to the contrary, rather than evidence in support.

I will tell you that there are people out there in various disciplines who do, in fact, have the full sum of their talent available to them far more often than you are accustomed to believing.

But why is it the case that the majority of professional athletes and performers will NEVER capture their talent at will?

Either they don't believe it is possible, or they have no interest in doing so.

“That’s preposterous. Why wouldn’t they have any interest in having the full sum of their talent available to them?”

In all your years of coaching, can you name **ONE** athlete who has come to you and expressed the desire to attain such an ideal?

Can you, as a coach, say with all honesty that you desire nothing less than attaining such a goal?

Can you, as a player, say that this is what you dream about?

I don't blame you. Truly, I don't.

Why?

Because no one thinks this way. No one espouses such

ideals. Everyone is so busy fighting for the scraps of one-upsmanship that the ultimate prize is forever left on the table.

The world of sports and the world of performance improvement is essentially a world of underachievers. It is a world in which a war is being waged over a grain of rice.

THIS IS WHY THERE IS SO MUCH PARITY IN
SPORTS.

Modern professional athletes suffer identical ills of performance because they all ask identical questions.

Their eyes are not on any lofty goal or far-reaching possibility. Their eyes are squarely upon each other. And this is the reason for their mediocrity.

Professionals have such wonderful talent. Their level of skill is most impressive.

And the bulk of it will be left unused for the entirety of their career.

So carry on with your tips and tricks . . . Carry on with positive thinking and emotional control. Keep improving your body language and memorize those valuable aphorisms.

While your glorious talent remains tucked within a safe
corner of your constitution, as virgin and untouched as freshly
fallen snow.

The Search For IT

One day IT is here, the next day IT is gone. One day you have IT. The next day you don't.

What is this ephemeral, ethereal IT? From where does IT arise? To where does IT retreat?

Can IT be captured? Can IT be owned?

Such has been the state of performance since the beginning of time. Regardless of one's level of skill, or the discipline which he pursues, performance is a messy, unpredictable graph.

The swing felt effortless yesterday. And today it's a complete struggle.

The dance move flowed yesterday. And today it feels as if you must create each step manually.

Why?

Why?

Why?

It's a wonderful question. And one that almost no one asks.

Certainly, it is discussed. It is lamented. It is joked about.

But it is not seriously studied.

At Siddha Performance, this forms the very core of my work. The nucleus of my experiments. The central theme of all my investigations.

When the performer has the IT on a given day, he is blessed with a certain power. He has a certain unquantifiable, indescribable feeling. A sort of serenity. A type of knowing.

But it does not last long.

For the very next day, IT is gone. Sensing that IT is gone, he attempts to FIND IT. He employs technique or meditation or various other methods in order to coax IT from its hiding place. But to no avail.

Why?

Because IT is not his. IT was never his.

He stumbled upon IT. Or perhaps IT stumbled upon him.

Was it a completely chance encounter? Or was there something that HE DID to bring about the encounter?

I have much to say about this and I go into it at length in my upcoming book. My work with clients is focused on this matter, in various incarnations, moreso than any other.

For purposes of this short discourse, I will explain, in brevity.

The number one reason that the IT is not found regularly is that no one is asking the question. I mean TRULY ASKING with heart and soul.

The world is enthralled with gadgets, science, and techniques. And it always will be.

It is important to understand that behind every truly memorable performance is one part technique for ten parts IT.

IT is not found. IT arrives.

IT is not a graspable element. IT is a side effect.

IT is always there. But IT is inadvertently suppressed.

IT is my love. My work. The inspiration behind my perpetual analysis. And the stimulus for all of my seemingly illogical and wildly eccentric experiments.

Perhaps the quickest way to repel IT is to look for IT.

The quickest way to discover IT is to be satisfied without IT.

An Availability To The Unknown

The world is obsessed with the bottling of magic.

The performance community is awash in elaborate routines.

The coaches and the psychologists are enamored with
“science.”

If your heart were to stop beating today, you would leave
this great expanse we call Earth, would you not?

Who controls your heartbeat, YOU or something else?

If it was YOU, you would have been dead a long time ago..

So that which keeps you alive to think all of these
ridiculous thoughts and seek out all manner of assistance for
your own progress in silly little games, is something else.

Correct?

But, for some reason, the performance community believes
that that place from which ultimate performance emanates can
be bottled. Can be controlled. Can be teased out through
“science.”

One question: HAS IT WORKED?

If it has, then wouldn't the coaches and the sport psychologists have been fired as soon as the issue was "fixed?"

Why do they all get REPEAT BUSINESS from the same athletes and performers?

Do you return to the doctor once the medication has worked?

The timed routines . . . the numbered steps . . . the mannerisms . . . the attempted focus . . . the clever sayings . . . the intricate rituals . . .

Friends, what are you doing?

When will the schizophrenia end?

Ask these very same athletes the following question: When you performed at your best, from where did this glorious performance arise?

The honest ones will give you the following answer: I

DON'T KNOW.

If they don't know then that means that it was NOT some action that they consciously performed to which they can attribute the performance. Correct?

If they performed the psychologist-recommended routines one hundred times and the magic appeared three times, can they truly attribute the magic to the routine?

Did the magic appear more often when they were children? If so, did they have "routines" when they were children?

Allow me to suggest something that the athletes will scoff at.

Allow me to offer something that the "scientists" will dismiss.

Ultimate performance does not arise from routines. Or from rituals.

It's predictability may be difficult. It's reliability may be non-existent.

But when it does arise, it arises from An Availability To The

Unknown.

It arises when the athlete offers himself to his craft. Come
what may.

It arises when he seeks not to gain anything. And
experience everything.

In this way he becomes a part of existence. And whatever
happens, happens NOT TO HIM. It just happens.

For when the athlete is available to existence, all things
become available to him.

The Problem With Emulation

A tour player makes a graceful golf swing and the performance community video tapes it and dissects each move.

The same goes for many sports.

Such behavior implies that the scientists and coaches who engage in it believe that in learning the component parts of the action, the whole can be attained.

In mathematics, the reason that $2+2$ always equals four is because you are assured at the outset that you are working **ONLY** with two 2's.

But in evaluating complex bodily motions, what can be seen or caught on video is only the incremental fragments. And adding each of them together will not give you the whole.

The true subtleties are not detected by the camera.

The genesis of the golf swing or any complex motion cannot be found **WITHIN** the body motion.

Why?

Because this is not where it lives.

The genesis of the motion lies within the instinct
PRECEDING the motion. And the motion is only a
REACTION to this instinct.

This is most easily seen in the short game in golf. Since it
consists of relatively small motions, it provides a better
platform for demonstration.

Seve Ballesteros was among the greatest short game
wizards of all time. Coaches have certainly video taped his
chipping and pitching motions and studied them and taught
them. They are available for any golfer to emulate.

But how many Seve's do you see roaming the fairways of
the PGA Tour?

If it were just a matter of copying bodily motions, one
man's skill would match that of the best man's skill in a short
time.

But there are holes in the equation, aren't there?

The whole truly IS NOT the sum of the parts.

The short game of golf is a wonderfully illustrative example.

With a little practice it is not difficult to get a wedge on plane for a short pitch shot. It is not difficult to accomplish ball-first contact. It is not difficult to hold a balanced finish. Or to establish a smooth tempo. Or to vary trajectories.

All of these things can be taught and learned within a matter of weeks.

I will devote the next discourse to the short game of golf.

Suffice for now to say that even with all of these fundamentals in place, how many players have superb short games? Forget the average player, how many of the tour players have a superb short game?

It is not discussed very often because the tour players are always compared to the average golfer. And because their short games are far better than the average golfer, the discussion is put to rest.

I encourage you to look at the short game statistics of NOT the average players, NOT even the tour players, but the VERY BEST tour players in the world. Do the numbers truly match your expectations?

In pursuing skill acquisition, it is important to look for the seed rather than the rind. The nucleus, rather than the cytoplasm.

There are numerous things that are at play BEFORE the motion begins. The motion is only a reaction to THOSE THINGS.

It is in this way that TRUE learning takes place.

Through exploration, rather than instruction.

Roger Bannister And The Modern Athlete

It was said that the human body would not be able to withstand a sub-four minute mile.

But in the spring of 1954, Roger Bannister did just that.

We can discuss the methodology by which he achieved this feat at another time.

The illustrative point is NOT that he broke the four minute mile.

The illustrative point is NOT that he was the first to do so.

The illustrative point is that two months later, someone else did it.

The illustrative point is that within three years, 16 others had done it.

You see, modern athletics is a petri dish. And all those who live in that petri dish mimic each other's accomplishments.

Let us take professional golf as an example. Have you never wondered why there is so much apparent parity?

Does it really make sense to ANYONE that a four-day golf

tournament consisting of eighteen holes per day yields a score that wins by a single stroke?

How is that possible?

It is because it is unintentionally designed to be that way.

And who designs it?

The players themselves. Without even knowing it.

Remember this: Athletes in any sport believe that they play AGAINST one another. But I assure you that they do not. **They play TOWARD one another.**

Who talks about this?

No One.

Why?

Because people don't ask the appropriate questions. They are too busy EXPLAINING AWAY the status quo.

Parity is not because of the talent pool being so incredibly similar that the results are similar.

Parity is the result of The Petri Dish.

These athletes all think alike, so they perform alike.

Because the human being is an Eleventh Hour Creature, he needs someone else to take the lead, so that he has PERMISSION TO FOLLOW.

As in running, athletes need the luxury of DRAFTING OFF the one in front. Only then does their inertia subside.

Their eyes are always upon EACH OTHER. So not only do they share the same locker room. They share the same results.

We Are Always Fighting Who We Are

I was recently watching an interview with PGA Tour Player, Padraig Harrington. It was a wonderfully candid conversation and there was one statement that Padraig made which I found to be profoundly beautiful. He was speaking of himself feeling awkward with his swing during The Player's Championship, when he said, "We are always fighting who we are."

He said it in passing, without particular emphasis or fanfare. His statement struck me deeply and I felt moved to write about it.

From a purely technical standpoint we tend to return to our tendencies, our habits, our patterns, and our motions. And, thus, the player who is familiar with the patterns which he finds himself revisiting is the one who can help himself greatly.

This is largely the context in which Padraig was speaking. But I think there is a much deeper level to this profound statement.

Human beings, at least the vast majority of them, go

through life with a certain uneasiness with themselves. And this uneasiness carries into their professional work.

This is the essence of the human mind, as it relates to behavioral patterns, and also as it relates to performance.

All of the tips and techniques that are offered to athletes are transacted within the substrate of this undercurrent of who the athlete believes himself to be. And unless that very matter is addressed, no technique will have lasting value.

The performance community talks AROUND the issues. It never addresses them head on.

Who a man is. Who he believes himself to be. What he feels that he does or does not deserve. What he believes he will or will not become. These are at the crux of the matter.

And the key is NOT to change what he believes. The key is not to FIX his beliefs. The key is NOT to REPLACE his beliefs with other beliefs, as sport psychologists espouse.

The key is to lay the athletes beliefs and ideas about himself before himself in full view. And as they lie there in front of him, he is FORCED to deal with them and examine them. He begins to see, perhaps for the first time in his life,

from whence his patterns arise. He sits witness to the source
of all his frustrations.

*And in doing so, he begins the journey away from who he
believes himself to be, toward the one which will reveal who
he really is.*

Padraig is absolutely correct.

Every human being fights who he is. And the reason that he
fights who he is is because he does not know who he is.

A slightly more accurate way of saying it would be that a
human being fights the image that he has created for himself.

He fights with his own shadow.

And because he is fighting a shadow, it is a fight he can
never win.

The Gravitational Pull Of Inertia

How many times have you heard an athlete claim that despite having “practiced” for years on his game, or hours/ weeks on a particular technique, he has not improved?

How many times have you heard a coach, in an attempt to convince his student of his prowess, claim that he has “coached” thousands of athletes?

How many times have you heard a sports commentator say that these athletes have practiced their craft for decades, and yet they still come up wanting with regard to their performance.

All of these claims are half-truths.

A productive practice session is such a rare thing, I’ve only witnessed it a handful of times in my life.

A practice session that is conducted through an awareness of perception and the mind’s influence upon the task at hand, is even rarer.

A practice session that is almost completely devoid of

technique and relies almost completely upon one's visceral perceptions and rhythms is perhaps ONE IN A BILLION.

The latter session is the one that I am devoted to here at
Siddha Performance.

Have I always achieved it, historically?

No.

Do I achieve it now?

100% of the time.

100% of my consultation sessions are devoted to this ONE
IN A BILLION type of session.

But what interests me is WHY NOW, but not years earlier?

Because of the gravitational pull of inertia.

COASTING through life is so appealing, isn't it?

COASTING through our professional endeavors is frankly
addictive.

Inertia is such a powerful force, I wonder if it isn't gravity
itself.

What do I mean by inertia?

I don't mean laziness, or an unwillingness to do one's duty.

What I mean by INERTIA, what I mean by COASTING, is
A LACK OF SALIVATION TOWARD A PARTICULAR
ENDEAVOR.

What I mean by INERTIA is the ABSENCE OF AN
OBSESSION.

What I mean by INERTIA is BEING OKAY WITH NOT
HAVING FIGURED IT OUT. Whatever YOUR IT is.

What I mean by INERTIA is NOT LOSING SLEEP.

Most professionals in the world have NOT lost their way.
They have lost their SEARCH for the way.

And the moment one stops SEARCHING, he begins
COASTING.

So the athlete who claims to have practiced for hours,

weeks, or decades really HASN'T.

The coach who has “coached” thousands really HASN'T.

Here at Siddha Performance, I am so completely convinced, enthralled, and captivated by the fact that the human machine can produce miracles in performance that I devote ALL of my sessions to it.

This is one of the reasons for which I believe that Siddha Performance is the only company of its kind in the world.

If it wasn't, why bother creating it?

Hope Is A Dangerous Thing

When a parent watches his child perform, he hopes that his child will do well.

When an athlete steps onto the field, he hopes that he will play well.

When a coach watches his team, he hopes that they will perform well.

Stated so simply, hope sounds like something very light and innocent.

After all, what's wrong with wanting yourself, your team, or your child to perform well?

If it truly is a light thing, it poses no problem.

But RARELY is this so.

Hope translates into ulcers.

Hope robs one of his peace.

Hope destroys man's freedom.

Hope gives birth to the psychologist.

Where there is hope there is no acceptance.

Where there is hope there is no naturalness.

Where there is hope there is no flow.

Hope kills.

Most literally.

If you examine every situation in the last two decades of your life which was dominated by hope, do you find peace or do you find stress?

Hope bears a very high price. And the heaviest of burdens.

If you wish to do, then do.

If you wish not to do, then don't.

But WHY HOPE?

The man who is hopeLESS lives a most serene life. He does what he feels he needs to do, and whatever happens, just happens.

If he feels that he needs to modify his actions the next time around, he does it.

If he feels he needs to give more attention to a certain aspect of his work, he does it.

He does it with complete verve. And undying commitment.

He remains willful. And hopeLESS.

Hope robs a man of his peace of mind. It kills his happiness. It blinds him to the trees that shelter him. And deafens him to the birds that sing around him.

It paves a road straight to the grave.

And since we are all going to the grave anyway, why not go there hopLESSLY?

Performance Comes From Not Performing



“Performance” really is an artificial idea.

It is an awkward word that approximates, but does not really capture the essence.

The actor who “acts” is only an actor.

The actor who “becomes” is an artist.

The athlete who “tries” to perform falls short.

It is inevitable that this is so.

And all of those who “help” the athlete in trying to “improve his performance” are complicit in his shortcomings.

The athlete “performs” best when he is not performing at all.

He is at his best when he is at his most human.

He is at his best when he is firmly inside of himself.

And because “performance” is something outside of himself, it cannot be a consistent part of him.

It is a contrivance. And as such, it will always be limited.

As will the athlete who subscribes to it.

The athlete who has the best chance of capturing the totality of his skill is the one who discards the idea of performance and welcomes that which comes the most natural to him.

The athlete who understands his patterns to external events

and learns to live within them rather than react to them is the one who has a chance to be great.

The one who walks hand in hand with consultants will never find anything.

For how can someone find anything if he has not yet embarked upon THE SEARCH.

Siddha Performance Training Insights: Part Two

A few years ago I was helping an accomplished golfer. He constantly succumbed to self-sabotage.

He wanted help on how to get the best out of his ability on the golf course.

We had a session and I gleaned from him the things that were most important to him. The things that he valued the most. The things that were at the top of his list of priorities on the golf course.

We came to the conclusion that all of his priorities were surrogates for peace. He just wanted to be at peace. When he did not perform well, he was not at peace. When he did, he was happy with himself and felt at peace.

This is what human beings do. Rather than reach out precisely for what they want, they create circuitous routes to, and surrogates for, the very thing that they crave.

Why not go directly for the thing itself?

If it was peace that he wanted (it's peace that we all want),
why not take the peace? Why take the scenic route?

I told him that I refused to play games. And I did not want
him to play games with himself, either.

Siddha Performance is all about sincerity. Not tricks or
temporary fixes.

So I told him that the only way he was going to be at peace
was if he valued peace more than anything else. As long as he
looked for peace VIA something else, he would NEVER have
it.

Golf would never give him peace. Golf has not the power to
give anyone peace.

Once he was ready, and not one moment sooner, he was to
play a round of golf armed with that which he SINCERELY
valued most.

He would be at peace as he drove to the golf course. He
would be at peace as he walked to the first tee.

And BEFORE he hit each shot, he would know that he
would be at peace AFTER the shot, because he TRULY

VALUED PEACE MORE THAN HE VALUED A GOOD
SHOT.

I have to impress upon you that I made it very clear that this was not “a way to think” or a “technique” or a “strategy.”

It was all based upon TRUTH. It had its foundation in
COMPLETE SINCERITY.

He came to me a few days later.

He said that he had awoke the previous morning and he felt that peace was indeed the thing he valued most. And that no matter what happened on the golf course that day, it could not shatter his peace. BECAUSE HE ALREADY HAD THE
VERY THING THAT HE WANTED MOST.

He smiled and he said, “It was the greatest round of my
life.”

In The Name Of Sports Performance . . .

These days it's all about performance.

It's all about the bottom line.

It's all about the number of victories.

It's all about the best performing team.

It's all about the best performing player.

As an athlete, you may hire the best known sport
psychologist in the world . . .

As a coach you may attend the most prestigious coaching
workshops in the world . . .

But if it is all done In The Name Of Performance, you will
fail.

You may garner a few more wins, scattered flashes of
success . . .

But if Performance is the litmus test . . .

If Performance is the standard by which you judge . . .

If Performance is the shining light . . .

You will not be a master of your sport.

You will never capture the full nature of your ability.

I understand that this goes against the philosophy of all the sporting communities in the entire world.

I understand that this flies in the face of the multimillion dollar industries built upon sports and performance.

But it is the truth.

The evidence is before us, is it not?

How much money have athletes, teams, and coaches spent on sport psychologists?

Has their performance skyrocketed?

The athlete who feels that he needs someone to help him

with his PERFORMANCE is doomed from the start.

Why?

Because he is asking the wrong question.

The athlete who asks this . . . the coach who asks this . . . believes that the answer to his performance lies in some outside agency.

He believes that there is A WAY.

Believe me when I say that even the least introspective athlete or coach knows WHY his performance suffers. But they do not wish to GO THERE. They wish to drink a tonic. For this is far easier than daring to go where they know they must.

So they will keep avoiding it for as long as they can.

Life's problems have a way of following a man until he dares to finally face them.

And the solutions don't lie in the hands of a psychologist or a consultant.

Let's be honest for a moment, can we?

Did the legends of the past have sport psychologists?

Did Hogan and Nicklaus have sport psychologists?

It is not ironic that in the modern day of sport psychologists
there is more psychopathology than ever?

If there were no sport psychologists . . . if there were no
tonics or potions or brightly colored pills . . . what would the
athletes and the coaches do?

God forbid they would have to FACE THEMSELVES.

They would have to confront those very things that they
have avoided for all these years.

Here at Siddha Performance, my goal is not to help people
with their performance.

It is to help them bring them back to themselves.

It is to help them understand that the last person in the
world they need is me.

It is to help the athlete understand that it is HIMSELF that
he must learn to walk with.

For in the end, it is NOT about the athlete.

It has never been about the athlete.

It has always been, and will always be, about the HUMAN
BEING.

It is about the Individual. In his natural state.

Beautifully wild. And full of possibility.

Untainted by the poisons of advice and instruction.

Untouched by the meddling hand of advisors.

YOU KNOW WHY YOU DO WHAT YOU DO.

If you don't, it's only because you are not looking.

And you are not looking because you are AFRAID OF
WHAT YOU MIGHT FIND.

In the end, my friend, if you do not seek the TRUTH, you

will be lost forever.

What is a man . . . what can he possibly be . . . if he is not
sincere?

Where Is The Authentic Student?



If you are a coach, how many AUTHENTIC students have you met in your career?

If you are a player, when was the last time you were an authentic student?

An authentic student is rarer than the giant squid. And more extinct than the Tasmanian tiger.

If a coach happens upon two in his entire career, he will have considered himself a truly blessed man.

The modern world of sport is more theater than craft. For craftsman are a rare breed. And true artists even rarer.

The modern athlete has devolved into a creature that is hungry for information. He is wholly utilitarian. Entirely goal oriented. And driven by numbers on a wall.

He needs a fix. He needs a reworking. He is a technician through and through. And thus he seeks the counsel of those who cater to his technical habit.

For he is in search of a number. And he feels that he needs assistance in arranging his limbs and torso in a fashion, just thus, so that it will procure for him his desired reward.

In essence, he is purely a machine in need of a mechanic. And there is no shortage of mechanics to serve his every whim.

Such a one is not a student. And it is for this reason that he

requires a coach.

Where is that rare one, that authentic student, who makes me stop cold in my tracks? The one who has so completely given himself to the nature of his craft, he simply cannot see beyond it.

Where is that one for whom an answer-giving coach is seen as the man who spoils the surprise.

Where is the one who realizes that the answer that he receives from a coach are really not answers at all? For in the end they must be filtered through his own perceptions and distilled into his own personal, idiosyncratic truths.

Where is the one for whom sport is an exploration into himself?

Where is the one who understands that the craft of an athlete is NOT a science, but pure art?

Where is the one who is willing to ignore all the rules, abandon all the laws, and burn all the religions of his sport, in exchange for the truth that only HIS tongue can taste and HIS fingers can hold?

Where is the one who views a sporting event as simply a wholly personal opportunity to test his own hypothesis as he inches closer to mastering his art?

Where is the one who realizes that there is NO PARTICULAR WAY?

Where is the authentic student?

When you see him, you will know him. For he will not be difficult to identify. He will be the one alone in the corner of the field, talking to himself. Screaming, laughing, and reasoning with himself. His tools spread all around him. The pages of his notebooks rippling in the wind.

If you go near him, he will likely not notice you. For you are irrelevant to him. You are not a part of his world. And when he is learning (he does not call it practice), he sees nothing beyond it.

The authentic student has no need for a coach. For his questions are beyond answers. As all good questions are.

The worst question in the world is the one that can be answered.

His questions do not lead to any destination. They merely
form an impetus for the journey.

And when he plays, the sport plays through him. He wields
his instruments as an artist would. With delicate strokes and
caressing blows.

And if you asked how he did something, he wouldn't resort
to verbal explanations of that which is wholly instinctual.

And if you pressed him on the matter, he would tell you
that he simply didn't know. And he would shoot the first man
who attempted to explain it to him.

This is the man for whom Siddha Performance was created.

This is the man for whom my heart beats.

And for whom my soul aches.

I occasionally see him in those that I teach.

And the moment that I see this authentic student in my
student, I smile and walk away.

On Work And Results: The Siddha Performance Secret



Gather my friends for I am about to reveal another of my training secrets.

I was recently consulting with a supremely talented golfer who is early in his professional career. He was telling me that he has been working on a swing change for some time. It was not a very big change. It was a minor adjustment of his swing plane and sequencing. He said that he is doing much better. But that out on the course he sometimes gets out of sequence and comes a bit over the top of it. He said that he has found

himself becoming more and more frustrated on the course. He has found himself succumbing to fits of anger.

I asked him why he thought this was the case.

He gave me an answer that I myself would have given at his age. He said, “I have spent so much time working exclusively on this part of my technique. I feel that if I put the time in and I do focused work, that I should reap the rewards. And when I don’t reap the rewards, I feel like all the time I’ve put in has been a complete waste.”

Now I could have given him some trite sport psychology-type advice or attempted to motivate him or make him feel better about The Process.

I could have told him that these things can take time and that it’s difficult to break old habits and that he is on the right road and that he should stick with what he’s doing because it will eventually pay off.

But you know me better than that.

I told him that all the time that he has put in has indeed been a complete waste. And that he will never gain anything truly worthwhile from it.

He was confused.

I told him that either it's all about the results or it isn't about the results at all. Either of those two will benefit him. But it's NEVER about The Process Leading To An Eventual Result.

That one single statement forms the basis of a significant percentage of my work with clients.

My friends, the correct path is often NOT a free-standing one. *The correct path is typically a tributary off the wrong one.*

In my quest, in life and in my professional work, I have walked many wrong paths. I have wandered off into the hinterlands. I have fallen into traps, some concealed and some readily obvious.

I speak to you from the wilderness as I make my way back home. And as I have mined the depths of the human mind, I have found things that are so completely in contrast to what you have been told and to what I once believed.

Let us begin with a simple question. For it is the question

that creates the journey, never the answer.

Does Hard Work Lead To Success?

Here is the answer: NEVER!

Oh, he's out of his mind, you might say.

You would be correct. It is only by leaving my mind that I have become privy to some very fundamental truths. And these wholly inform my work.

Like you, I for a very long time believed that success is the product of hard work. Like you, I believed that striving and hard and painful labor were the price of success. And this is indeed true for a particular type of success. *The type of success that values the accomplishment of a goal whilst sacrificing the joy of the human being.*

And this is why misery and disappointment and anxieties are so common in the world of professional sports.

If the athlete's joy is not part of the deal . . .

If his joy is a negotiable element of the transaction . . .

No amount of success will ever satisfy him. Because this is not where lasting satisfaction comes from.

Take the sculptor, if you will. He uses hammer and chisel to carve his masterpiece. It takes him years. And what takes him years could take him only hours, if he decided to use electronic saws and other machinery. But the point is not to rush to the finish. The point is not to create the final product.

The point is not his mission statement. The point is not some goal to be achieved. The point is not to live up to the expectations of his teacher.

The point is to continually connect with that one moment long ago in which he decided he was going to be a sculptor.

The point is to keep that moment ever-present before him.

Why?

Because this wholly innocent and sincere moment is the source of all his joy. It was this joy that had the power to capture his imagination and set his entire life on a new path. And it is this joy that keeps him true to the innocence that spawned his quest.

The sculptor sweats. He bleeds. His hands grow pale. And his fingers become raw. And if one were to look at him they would say he was working hard. They would say that he was striving to make a name for himself. They would say that he was paying his dues in the heat of the sun.

But this sculptor would see it differently. He would say that he sculpts because he cannot live without it. He sculpts because he could not think of a better way to spend his life. ***He sculpts because the reward that comes tomorrow pales in comparison to the action of today.***

He would say that he cannot wait until the sun rises so that he can return to his art. And lose himself so completely in it that he feels not the heat of the sun nor the caress of the breeze.

Whether one is a golfer, a hockey player, a soccer player, or a coach, if his work is not his art, it is simply work. And if it is simply work toward an eventual goal, it is much easier to dig a ditch or clean a sewer.

Your craft is today as it always will be. Haphazard, frenzied, and imperfect. And if you don't love it just as it is, you will never experience love. ***If all the imperfections are mistakes to correct rather than opportunities to perfect, you***

will always be lost.

This is my sensibility. This is where I steer those who come to me, disheveled and hopeful.

If they come to me dripping wet, I do not towel them dry. I have them jump into the ocean and lose themselves in the waves.

Siddha Performance Is For THAT RARE ONE



When I find my subscriber list to be growing beyond a certain point, I begin to examine the integrity of my message.

If at the end of my career in helping human beings discover their ultimate potential by way of mind transcendence, if I have thousands of clients, I fear that I might have lost my way.

I've said it in numerous private emails and I might have even said it in past discourses (to be honest, I've lost track).

Siddha Performance is NOT for the masses.

My work is NOT for everyone.

If you look at any facet of society today you will notice a consistent degradation toward the lowest common denominator. You will see entropy rising to the heavens. From books to movies to schools to fashion to television to business and, most certainly to athletics.

Every true coach CRAVES the true student. And when he is slapped with reality he realizes that he must make due with the pseudo-students that he has because if he spends his life waiting for the true student he will starve.

The true coach holds back his most treasured secrets. And he knows this. He reserves them for the one who is ready to receive them. He is not miserly. He does not wish to hold them back. In fact, he is waiting for that one student upon whom he can shower the knowledge that he has spent years exploring.

Most athletes, be they amateur or professional, are

serious about gaining, but not about learning. For the younger ones, in particular, the environment to which they have been exposed is one of entitlement and push-button treatments. And necessity being the mother of invention, there is no shortage of supply to cater to their demands.

The tips, the tricks, the band-aid solutions fill the media outlets and the mind of the modern athlete. And most are happy to indulge in it.

It is precisely the compromising man that makes his way easily in the world. His willingness to appease enhances his popularity and his bottom line.

The uncompromising man . . .

The man who has given himself life and limb to his craft . . .

Has not the option to compromise. *For he understands that to compromise and dilute the truths that he has mined is to compromise his own self and every single human being that he serves.*

I will leave you with this . . .

The athlete leaves an ENORMOUS amount on the table.
*And though he realizes this Intellectually, he does not
understand it Viscerally.*

He believes that performance is a function of finding the
right Mental Techniques. He believes that performance is
about finding the correct Way To Think.

It is nothing of the kind. And I will not attempt to convince
you against your beliefs. For I have no desire to Convince
anyone of anything.

*For a man convinced against his will is of the same
opinion still.*

*A human being is capable of glorious feats. And these do
NOT arise from Mental Techniques, or The Mind Game, or
The Correct Thoughts, or Pre and Post-shot Routines, or
Emotional Control, or Self-Talk, or Body Language. For all
such cosmetic tricks have a shelf-life.*

*Can we please be serious for a moment? If something can
be dumbed-down into a five second tip, It'S CRAP!*

*Can we please be serious for a moment? Are you seriously
going to attempt to tame the majesty that is The Human*

Mind with . . . an aphorism?

Can we please be serious for a moment? Do you not yet understand that the mind that created the interference is the very same one that creates the remedy? And the remedy that IT is creating is to appease your sense of intervention. It is YOU that succumb to its trick. Not it succumbing to yours.

The consistent glorious feats of human beings do not happen when a human being Calms his mind, or Tames his mind, or Appeases his mind, or Manipulates his mind.

They happen Only When He TRANSCENDS HIS MIND.

I will also leave you with this . . .

There is no such thing as performance, thought it may be the title of my company (language has its limitations).

To focus on performance is to focus on the wholly artificial and the contrived.

For Ultimate Performance is a function of Ultimate Freedom. And the human being that is free has no need to perform. When you were in The Zone, was your

*performance manufactured By You, or did it happen Despite
You?*

*The free human being understands that Who He Is is far
more fundamental to his success than how and what He
Does.*

*Because he has been blessed with the desire to explore the
intricacies of his mind and how it has shaped his entire life
and career, he is rewarded with the freedom of knowing
what has been his greatest enemy.*

And in knowing it, he finally begins to be free of it.

And in becoming free of it, he need never be bound again.

It is this man . . .

It is for this Rare One . . .

For whom Siddha Performance was created.

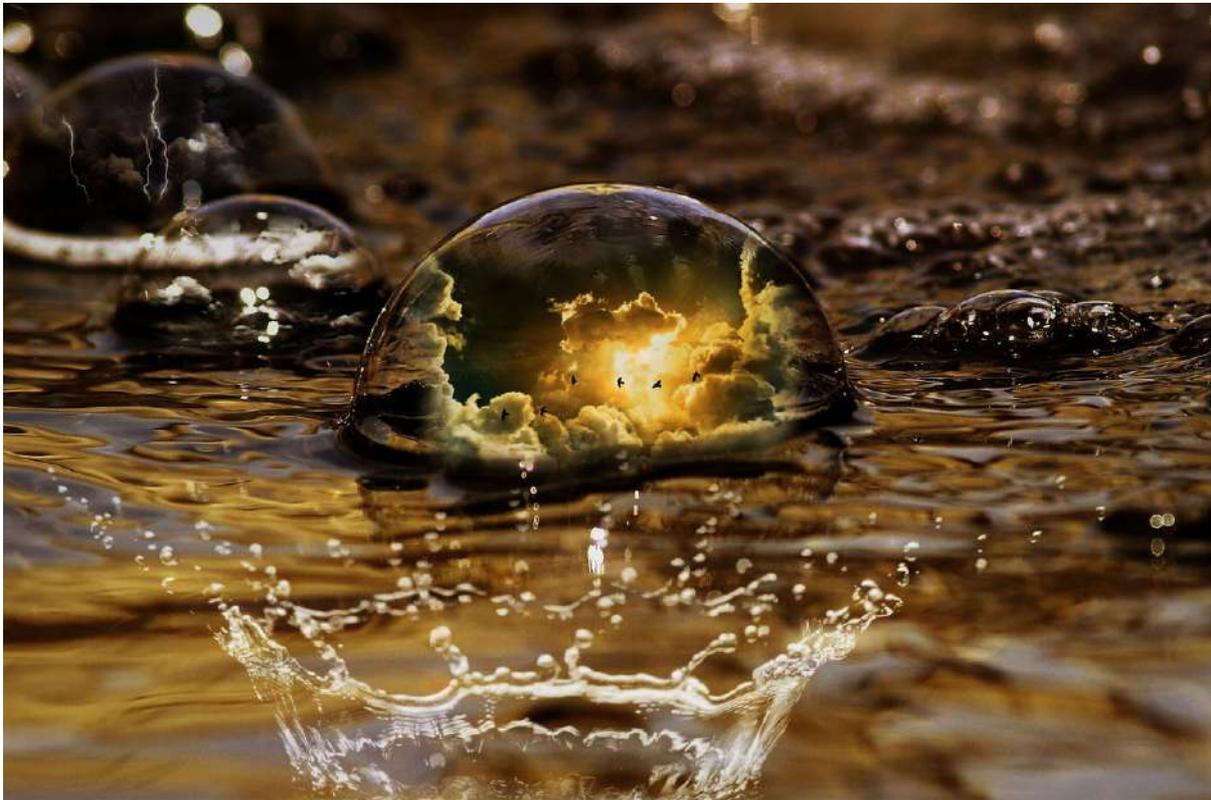
It is for this Rare One that I smile and invite inside my
chambers.

And it is ONLY to This Rare One to whom I reveal my

secrets.

*For it is ONLY This Rare One who is ready to receive
them.*

How To Truly SEE: What Great Athletes Have Never Been Told



How does vision work?

Light rays are reflected off an object and enter the eyes through the transparent covering called the cornea. The cornea refracts the rays that pass through the pupil. The iris regulates the amount of light passing through. The light rays then pass through the lens which focus them onto the retina. The retina contains millions of tiny light-sensing nerve cells called rods and cones. Cones are concentrated in the center of the retina, within the macula. In bright light, cones provide clear central

vision and detect colors and fine details. Rods are found outside the macula and they extend to the retina. They provide peripheral vision. These cells in the retina convert the light into electrical impulses. These impulses then travel down the optic nerve to the primary visual cortex of the brain where the image is produced.

This is how a scientist would describe vision.

I have only one thing to say about this: ***Who Cares!***

Unless you are taking an anatomy or physiology examination, this information is of little practical value to the athlete.

Let me share with you something of ***Real Practical Value.***

You may see THROUGH your eyes, but if you really want to be great at your craft, you will not allow yourself to see WITH them. And those times that you were in the zone, you did NOT see WITH your eyes.

When you read a green, when you see the flag, when you see the net, when you see the goalie, when you line up the attacker, if you see WITH your eyes, you are not seeing at all.

You pick up only a fraction of the information.

When a human being sees WITH his eyes, he sees only a SUMMARY and an APPROXIMATION of a thing. He does not see the THING ITSELF!

Because he sees only a summary and an approximation of things, his bodily movements react to WHAT IS NOT REALLY THERE!

As a result, his motions and his results are necessarily incomplete.

The only way to truly see what is in front of you is through a system I have developed for athletes, performers, and artists. It is called Siddha Seeing. And it increases an individual's visual acuity and perception several hundred fold!

(And lest your mind resort to the familiar, this has **NOTHING** to do with visualization.)

Athletes have certainly experienced it on their own. Virtually every one of them. But it happens by accident. And if something happens by accident, it cannot be practiced. If something happens by accident, it cannot be trained. **But if one understands THE ACCIDENT and WHAT LIES**

BEHIND IT, he CAN practice it, and build it, and enhance it, and train it, and refine it, AND THUS OWN IT!

Siddha Seeing uses the eyes only as a tool which houses the magic. **The magic itself is the key. Siddha Seeing allows you to see EVERYTHING AS IT IS. When you see everything AS IT IS, you produce actions and intentions that are equally true to the situation. And thus your results SOAR!**

And why wouldn't they?

This is the secret to True Focus!

This is how performance skyrockets!

This is how an athlete becomes Truly Great!

That Which Gets MANAGED Gets Destroyed

One of the central pillars of the performance community the world over has been the idea of *managing your emotions* (*he's going to debunk even that? Is NOTHING sacred to this man?*)

There are indeed some things that are sacred to me. But those things that are sacred have been pilfered and compromised and slapped onto a bumper. And, in this form, the sacred has become the trite and the mundane. And that which is mundane is impotent.

You have heard the advice of *keep your head up*, and *keep a positive body language*, and *force a smile on your face*, and *keep a cool head*.

You have also heard of *managing your emotions*.

You have certainly known managers in your life. How well-liked are they? How efficient are they? You have heard of world class businessmen. World class athletes. World class CEO's. World class artists.

Have you ever heard of a world class manager? The only place that a world class manager exists is within the TIPS section of business magazines. These silly little list posts provide bullet points of a world class manager. But I've never seen such a man in my life. Have you?

I have a few questions for you.

What if it were up to you to *manage* your heartbeat? Would you still be alive?

What if it were up to you to manage your respiration?
Would you still be breathing?

What if it were up to you to manage your digestion? Would you be appropriately nourished?

What if it were up to you to manage your brain activity?
Would you still be intelligent?

Think of all the things that are NOT up to you. The things that happen of their own accord. Are they not wonderfully efficient in their self-managed state? UNMANAGED by you?

Now think of all the things that are UP TO YOU. Things that you directly control and manipulate and regulate and

MANAGE. Your relationships, your decisions, your strategies, your financial choices, your parenting methods, your attempts at happiness, your attempts at success, and so on. How does their efficiency compare to that which is unmanaged in your life?

I still remember that beautiful line from one of the Terminator movies of decades ago. Whilst speaking to a young boy, the terminator says, “Human beings have a habit of destroying themselves.”

The wisdom of that one statement justified the price of admission.

There is an enormous amount of talk and appreciation for the fact that some athletes, though they may be writhing in emotional turmoil on the inside, are able to present an acceptable face on the outside. They are able to demonstrate a semblance of *keeping it together*.

In fact, this is actually being TAUGHT to athletes! That no matter how you feel on the inside, just don't let it show on the outside!

If an athlete is feeling it on the inside, he MIGHT AS WELL let it show and let it go on the outside. Let him break

every club in his bag. Let him throw his caddie into the lake. Let him scream at his coach. It matters not. We are completely in cosmetic territory now.

The effects upon the athlete's performance are a function of what he feels on the INSIDE. Regardless of whether he CHOOSES to manifest or hide them on the outside!

When an athlete is playing is best, is it because MANUFACTURES A CALM FACE ON THE OUTSIDE? Or is it because he FEELS CALM ON THE INSIDE?

When his performance is at its zenith is it because he CHANTS MANTRAS ON THE OUTSIDE? Or is it because he FEELS COMPLETELY AND INEXPLICABLY AT PEACE ON THE INSIDE?

The INSIDE is the only side that matters.

The INSIDE is what the athlete reacts to.

The INSIDE is will determine how he performs.

Dealing with emotions or managing emotions is to settle in for a life long fight. **Because you will not have addressed**

the source of the emotional turmoil, you will be doomed by them forever.

As they say, prevention is the best treatment.

In understanding one's mind, one understands the seat of emotional strife. He begins to unravel the maze of complexity that has been his life for decades.

My way here at Siddha Performance is not to add things to human beings, but to subtract things from them.

Subtract that which they have accumulated in their endless attempts at fixing and concealing and dealing and *Managing*.

In this way, I can have the professional athlete return to his fundamental state. Like when he was a child. And all that was done was done naturally.

When life was something he lived. And sports was something he played.

And the need to *manage* either was as far away as the prospect of adulthood.

Nothing Creates A Problem Like A Solution



If you were sitting in a chair and I told you that there was a snake slithering toward you from behind, would you ask me what you should do?

If your bus had crashed and was teetering on the edge of a cliff, would you ask me which part of the bus you should move to?

If you were drowning in a lake and you did not know how to swim, would you ask me if you should try to swim and

which type of swimming stroke you should use?

In all of these situations, there would be no DELIBERATION about solutions. You would instinctively know what to do. And you wouldn't wait for any sort of help to try anything and everything in order to respond to the situation.

And the anything and everything that you tried would probably save your life.

Why would you be so adept at responding appropriately in a situation which you have likely never experienced before?

Because the problem before you was so clear that the solution revealed itself to you.

Why, then, do people go screaming through the streets looking for solutions to their problems?

I'll tell you why.

Because they have been taught to!

There is a psychologist and a "strategist" and "life or business coach" on every corner, selling colorful solutions to

all manner of problems.

Don't I do the same thing? Am I not in the business of selling solutions? Do I not peddle in the distribution of "How-to's?"

To that I will simply smile and say that for those of you who have worked with me, you are probably smiling as well.

The reflexive jump toward the solution is not an attempt to solve the problem.

It is an attempt to avoid it.

In fact, most problems follow a man forever because he has always turned his back on them in search of a solution.

Let me tell you a little secret: **The solution to any problem lies in the very heart of the problem. And the search for the solution perpetuates the problem.**

Exploration leads to understanding. And understanding dismantles problems. And once the problem is dismantled, of what use is a solution?

Coaches on speed dial and brightly colored pills only lead

to an ear ache from the former and nausea from the latter.

My way is not to dispense solutions from the rooftops. But to explore the problem in the dark of the basement.

The biggest part of the problem is the retreating from it. And as long as you run from the problem, you will get further and further from the solution.

What do I do now?

How do I do that?

What will happen then?

What am I doing wrong?

If the response to these question was an uncompromising silence, the questions would eventually fade.

But the very reason that these questions are constantly asked is because they are dignified by an answer.

**AND THE ANSWER LASTS ONLY A SHORT WHILE,
BEFORE THE SAME QUESTION IS ASKED AGAIN!**

There are indeed techniques, but the techniques are a distant second to Understanding.

And the understanding comes from going where most do not wish to go: Into the center of the storm.

And as long as you seek shelter from the storm, the longer the storm will seek shelter in you.

Dr. Gupta works with professional athletes on the PGA Tour, Professional hockey, Olympics, Professional swimming.
And with Executives and performing artists.

To “Manage” Stress Is To Perpetuate It



The world is in love with ointments. And lately it has become enamored with Eastern ointments. It has turned them into buzz words and formed institutions around them.

It is this way with the world class athletes with whom I

work. And it is this way the whole of the corporate world.

The Wisdom of the East is not an ointment or a bumper sticker. It is a glorious Understanding. An understanding of what the Human Mind TRULY IS. And how it affects the lives of human beings.

Ointments for “stress relief” saturate the journals, the podiums, and the self-help books. Breathing, jogging, meditation, prayer, chanting, visualization, and so on.

The overwhelming majority of the available information on any given topic is recycled information. It is derivative. The reason for this is that in any given society those who long for the unadulterated truth are few. And those who are willing to explore the depths in order to discover it are even fewer.

Your stress and your emotions are not something that are consciously and intentionally brought about By You. They simply happen To You. Do they not? They arise within you, organically and without your permission.

If something arises within you organically, without intention or technique, then does it not stand to reason that it should also recede organically, without intention or technique?

Society is replete with advice on stress management. It has erected organizations and groups and therapies aimed at the “management” of stress.

May I tell you a secret?

Stress is not something to be “managed.” **To manage it is to perpetuate it. To manage it is to make it a constant companion.**

To manage stress is akin to holding up the four walls of your house. For the first few minutes, you will succeed. But eventually you will tire. And it is only a matter of time before the house will collapse.

So what is one to do?

First you must Understand. You must understand that in “managing” your stress, you are supporting it. In supporting it, you are making a home for it. And, like an unwanted guest, it will live with you forever.

Understanding this will make it far easier to do the very thing you have avoided along. The very thing that led you to manage it in the first place.

You must allow the house to collapse. Let the walls crash
around you.

When you feel stress allow the stress free reign. Do not run
from it. Do not attempt to eradicate it. Do not attempt to deal
with it. And certainly do not attempt to “manage it.”

In fact, dive into it. Feel it intensely. In your heart, in your
brain, and on your skin. Become consumed by it.

I will not tell you how this will make you feel. You must
experience it for yourself. You must taste it.

And once you have tasted it, no explanations will be
needed.

Your stress and your emotions are not yours at all. They do
not belong to you. They belong wholly to the mind. But
because you consider your mind as yourself, you live its every
violent whim. You suffer every bump in the road.

The mind was made to stop and stutter. The mind was made
to race and roar.

But You were not.

When the events of the world do not coincide with your expectations, stress is born.

When you are here, but you feel that you must be somewhere else, stress is born.

When you are doing This, but you wish to be doing That, stress is born.

In understanding that the mind is simply a machine of endless desires, you will allow it to carry on in the background like a barking dog. And with time, the barking will become more distant.

There is no need for complicated and sophisticated techniques.

If you wish to meditate, you may. But it is not needed.

If you wish to go for a drive, to take a deep breath, or to take a hot shower, you may. But these are not requisite.

If there is one thing that you must do . . .

If there is one thing that is non-negotiable . . .

It is understanding.

Understanding that to “manage” something is to perpetuate it. To run from something is to entice it. And to fight with something is to be defeated by it.

The “something” of which I speak is The Mind.

Let your stress run wild. Allow it course through your veins. Invite it to fill your liver and spleen. Swim in it. Drink it. Experience it.

In experiencing it, it will lose its hold over you.

You will have no need to control it, lessen it, or manage it.

For why would you manage something that is not a part of you?

Why would you attempt to manage a cloud that is simply floating by?

If you allow your stress to roam free of you. You will immediately become free of it.

The Most Honest, Simple, Pure and Painful Truth About Achieving Success



I will not begin by defining success. There is no need to resort to academics in this matter. For dictionaries report only the meaning of words. Not their significance.

The success I am speaking of is the one you have always dreamed of. The success I am speaking of is the image that fills your mind the moment I say the word.

Yes, that one!

That success that you have been *making passes at*. That success that you have entertained in surges of motivation. And shelved in moments of apathy. That success that has led you to the glossy covers of magazines. And the promises of self-help books.

Have you not yet understood? You will not find it in those pages. It is not present in those advertisements. And the motivational headlines lead only back to themselves.

But such things do serve an enormous need. They provide a seductive sort of luxury. The luxury of avoidance. The guiltless pleasure of procrastination. A glorious distraction to keep you from doing what you know you must do.

Are you ready yet?

Is it time?

Are you ready to look squarely at your dreams? And abandon the mock outrage for not having achieved them?

If you ask for tips on how to become a success, you will be a failure.

The person who asks how to be a success, doesn't really

WANT to succeed. And he knows it. He is simply making conversation. Talking ABOUT success gives him the cheap satisfaction of pretending that he is on the road to success.

But, of course, he is not.

Stop asking What To Do!

No one can help you become a success. And anyone who agrees to give you tips is only stroking his own ego by feeling that he is an expert who is being helpful.

The person who asks for tips is the very same person who isn't going to follow any of them.

If this is what you want, you are wasting your time reading ANY of my work. Just google success and you will find all the guiltless pleasures and tips about success that you can possibly handle.

I know what you've heard. I know what you've been told.
Let's dispel some myths.

Success is NOT about getting off the chair and doing something. It is NOT about taking action.

Success is NOT about jotting down positives and negatives on a two-column comparison.

Success is NOT about positive thinking and aphorisms.

Success is NOT about following anything that you've been told to do.

Success is a natural byproduct of hunger.

And if that hunger has to be manufactured, it is NOT hunger!

When you are hungry, you will do all the things you were told to do. And NOT because you were told to do them. They will come from your bones and not other people's lips.

You having failed to achieved success has nothing to do with you not having done things Right. Or because you didn't follow the right plan. Or because you didn't have the correct advice. Or because the Timing wasn't right.

If you have not achieved success it is because **Not Achieving It** was, to some degree, okay with you.

And because it was relatively okay with you to remain

where you are, you did.

Do not for one second think that I am saying that you Shouldn't Feel Okay About Being Where You Are. I have no intentions to steer you a certain way, or to motivate you, or to get you on the path to success.

I am saying that the reason that you are where you are is because you are okay with being where you are.

How do I know?

Because if you weren't okay with it you wouldn't be there!

Stop the endless searching for advice.

Stop reading the how-to articles.

Stop buying motivational tapes.

For they are no match for your extraordinary inertia.

When you absolutely despise where you are. When it's suffocating you. When it simply is no longer acceptable to you, you will act.

And when you act it will NOT be because someone told you to. But because you will be MOVED to.

Success will happen not so much because following your dream will be so enticing, but because the alternative is simply not an option.

The source of your greatest momentum will not be the happiness that pulls you, but the pain that pushes you.

And mark my words, you will feel the exhilaration of success. And you will feel it in the center of your chest.

Not when you reach the end of your journey, but in that magical moment when you choose to embark upon it.

Language Is A Poor Tool Of Communication



Whether it is me conveying an idea to a professional athlete . . .

Or if it is an executive conveying an idea or an instruction to a subordinate . . .

There is something that must be understood.

Human beings do not respond to the words that are spoken to them. They respond to the images that those

words produce within their minds.

Human beings do not respond to the dictionary definitions of words. They respond to their Interpretation Of Them.

I Constantly and Incessantly find myself searching for the most appropriate word. I Purposefully avoid using certain words or phrases, even though that would be the perfect word or phrase to use.

Why?

Because the manner in which I would like to use that word or phrase is according to its literal meaning. But I am acutely aware of the fact that if I use that particular word or phrase, it simply will not be heard AS INTENDED. It will heard in its colloquial context. And, as a result, it has lost all its power.

There is more.

As you read this discourse, you will Simply Overlook some words. Even some paragraphs, perhaps.

Why?

Because as you are reading these words, the words that you

read are **COMPETING** with the incessant mental chatter that occupies your entire existence!

As you are reading these words, you are having **THOUGHTS** about what you did last week, and the television program you watched a few hours prior, or the meeting you will have tomorrow, or the light that is on in the hallway, and on and on and on.

As you are reading these words, you are only **PARTLY** **HERE**.

And because you are only Partly Here, you PARTLY HEAR!

The modern world of “consulting” and “coaching” in the sports and business arenas is **AWASH** with “How-To” information.

“Prescriptions” are the order of the day.

As a result, Mediocrity reigns supreme!

For human ingenuity does not surface by way of “prescriptions.” Greatness does not comply with “how-to” information.

Whether it is a coach's instruction to his athletes, a parent's instruction to children, or a boss's instruction to employees, I will NOT tell you "HOW TO COMMUNICATE."

For if I did that, I would short circuit the ingenuity with which you may do so. I would Preempt the possibilities and the talents that are uniquely your own.

This is not my way.

Because my allegiance is to the blossoming and emergence of one's natural latent talents, I seek to help my clients UNDERSTAND. **For I realize that once they understand, they will Create Their Own HOW!**

And the HOW that emerges from their understanding will be Infinitely Superior to that which comes about through "instruction."

The reason that you have problems communicating . . .

The reason that you find it difficult to get across your message . . .

The reason that your students and subordinates do not often

understand your message . . .

Is because you believe that they hear your words in the same virgin form as you speak them.

But please understand this: By the time your words reach their brain, the words have gone through a reordering and a cleansing that you is unbeknownst to you.

Moreover, some parts of the message never even made it to their brain. For they were competing with the mental chatter of the recipient.

The fundamental solution is this: **You must learn about how the human mind operates.**

Once you learn this, you will change your tactics altogether. And how you change them and the manner in which you go about it will be uniquely your own. And thus it will be creative and intelligent.

I often teach in silence. I often change my tonality. I often **SPELL WORDS OUT** rather than speak them.

I do a host of seemingly off the wall things, because I realize that in order to get my message across I must **STUN**

THE MIND of the recipient.

There is art to this. And the art is a natural consequence of
UNDERSTANDING.

There is a whole understanding of the human mind that is simply not taught, particularly in the West. And even in the East it is known only within select circles.

True greatness comes from understanding the mind. For in understanding it, one moves beyond its limitations. If one does not understand it, one lives imprisoned within it.

Language is a poor and primitive tool of communication. But one can use language to convey messages with utmost clarity.

But in order to do this YOU MUST understand The Mind.

Once you understand your mind, you understand all minds. For mind functions in the same way. Contrary to what you have been taught, Mind is NOT a personal phenomenon.

Mind is a UNIVERSAL phenomenon.

And in understanding it, one gains clarity.

And once one gains clarity in understanding, he or she gains clarity in Communication.

Creativity Is The Smoke That Rises



The greatest masterpiece that you will ever produce will be the one you don't know how you produced.

The world has become anesthetized against the fundamental mysteriousness of the human being in exchange for the measurable banalities of science. That which is measurable is not art. That which can be didacticized is not creativity.

When I am working with an elite performer or a world-

class athlete, my foremost tenet is not to help him or her become “better,” but to help him or her become free.

For without freedom, creativity is only an idea. Without unscripted experimentation, art remains a remote possibility. For art is a visceral expression of the hidden mystery of man.

Imagine for a moment the works that you have been most proud of in your own life. The works that you incessantly admired. Perhaps more than the nature of the product, you marveled at how it came to be. You marveled at the realization that you were able to produce such a thing. And if someone asked you how you did it, you would hesitate. Not because you wished to hold onto your secrets. But because you didn't know what they were.

The world has become enamored with the idea of “how.” Whether it is in the coaching of athletes or in the instruction of schoolchildren, the how has taken center stage. And it has led to the death of creativity.

Why is this so?

Because the person who asks “how” is not serious about learning. And the person who teaches the how is more interested in the subject than he is in the student. For the how

asks for a blueprint, a recipe, a formula. And if art were formulaic, we would have a Picasso and a Rembrandt on every street corner. But we do not.

Is this because the how has not been taught well enough?

Or is it because the how is insisted upon?

Blueprints and formulas all lead to the same place. But it is precisely the wayward wanderings from the straight lines of convention that lead to the possibility of art. For art is not really a creation. Create should not be a verb. For the greatest of art is not created. It does not “get created.” Rather, it emerges. And it emerges only when the artist has no specified goal, no grand methodology or presupposed design.

The greatest songs seem to surface during a hot shower. The greatest insights appear when driving down a dirt road. When no one is looking, when there is no one listening, art seems to blossom into full form.

Creativity is not in the product that is produced. It is the smoke that rises. And it rises when there is a complete communion between the artist and his art. It arises when the artist so disappears into his art that only the art remains.

My work with human beings is not to instruct them, but to liberate them. To liberate them from the shackles of societal influence. To liberate them from the need to create. To liberate them from the hope of greatness.

For the artist's greatest journey is not the journey toward his art. It is the journey toward himself. It is a journey that leads him into the dark recesses of his reservoirs of feeling. It is a journey into the depths of his painful past. It is the journey into the cool space between his internal organs, wherein lies the possibility of alchemy.

The artist's greatest journey is the journey home.

For it is within this home, within the long and winding corridors within himself that his grand possibility will be discovered. And it will only be discovered if he is willing to embark upon this journey, not as an artist but as a seeker. Not in boundless intelligence but in deplorable ignorance. Not in maturity but in profound innocence.

The artist will create his greatest art not when he becomes more, but when he becomes less. For in this way, his presence will not be substantial enough to interfere with the art that is bursting within him. In this way, his persona will not grate against the work that arises within him. In this way, his mind

will not judge the quality of the work or contemplate its significance.

True artists are rare in this world. And perhaps the reason that they are so rare is because they live in a world that celebrates mimicry and shuns originality. A world that is given more to scientific analysis rather than to objective observation. A world which values the imprisonment of obedience rather than the rebellion of freedom.

The greatest masterpiece that you will ever create will arise when you abandon the need to create it. And the greatest art that you will ever stand witness to will not be the one that comes from you, but the one that flows through you.

What If Everything You've Ever Been Told IS WRONG?



In virtually every discipline in the world, the following has happened. And it has happened with such regularity that it has almost come to be expected.

That is this:

Those which are considered to be the most sacred tenets of that field are one day DEBUNKED!

The plain and simple truth is this: In ALL FIELDS, the

majority of the ideas that remain are akin to “The World Is Flat.”

The plain and simple truth is this: The majority of the ideas that exist in any discipline are Half Truths.

And this is why, in each of these disciplines, the percentage of people who are Truly Great is so incredibly small.

I understand that this is the norm. And because it is the norm, it fades into the background and, thus, it is rarely questioned or even noticed.

But consider it for a moment. Look at it logically.

Human Beings are ingenious creatures. And each human being has their own unique talent. Each human being has a brain and a body. And each is just as capable as the other.

Yet in every discipline, there is the Top 1% and then there is everybody else. And it is typically the case that that Top 1% is head and shoulders above everyone else.

I know it’s “normal” but does it make sense to you?

I know that people are going to “justify” and “explain

things away” using trite and convenient explanations like
“talent” and “God-given ability” and “genetics.”

Okay, I will humor you (even though it pains me to do so).
I will allow you to have it YOUR WAY, just for a moment.

Let’s say that I grit my teeth and clench my fists and I bite
my tongue and just for a moment I PLAY ALONG with your
trite explanations of “God-given ability” and “talent” and
“genetics.” Even so, wouldn’t the top people in each
discipline be at least 50%, just based upon chance and
statistics alone?

Okay, 40%?

Okay fine, 20%?

Even, 10%?

But it’s not. It’s 1%. And in some cases, it’s LESS THAN
1%!

Why is this the case?

For a very simple reason which I will explain to you now.

It has virtually NOTHING to do with intelligence. And everything to do with the LEARNED nature of human beings.

It is the nature of human beings to become like the company they keep. Human beings live in a society in which VIRTUALLY EVERYONE around them accepts what is told to them. They live according to the Prevailing Norm. And they are not obsessed with a certain drive. They are not consumed by any particular vision.

As a result, they subscribe to the visionless vision that surrounds them.

For this reason, if they write, they write about things that others write about. If they sing, they sing the same types of songs that others sing. If they look for a job, they look for the same type of job as others and haggle over a meager salary. If they become a sportsman, they mimic the practice patterns and imbibe the “theories” and the beliefs and the thought patterns of their colleagues and their coaches.

As a result, the world is COMPLETELY AWASH IN THE DERIVATIVE. Open any journal, and you will find nothing new. Watch any commercial, and they all center around humor, like all the others. Watch any television show and they all tell the same sort of jokes with similar comic

timing. Watch any modern movie and each of them is based upon “special effects” and violence, instead of tackling the subtle modern dramas that are the undercurrent of human existence.

Everyone seeks THE EASY WAY OUT. Everyone rehashes the old concepts. Everyone tries to BUY solutions instead of creating new ones.

And because all of the information is derivative . . .

Because each ostensibly “new” idea is simply a repackaging of a common idea . . .

The individuals who live in any one arena are exposed to the very same derivative half-truths.

Because they constantly simmer in half-truths, they do not experience anything close to greatness. And even if they do, it is very short-lived, because it likely comes about by CHANCE.

As a result, the vast majority of the individuals in that arena or discipline get very good at learning what does not work. And thus they never become great.

As a result, they become non-great together. And this is the reason for Parity in all domains.

But then there are those rare individuals who stop in their tracks and take a panoramic look at the landscape. And as they look around, something within them tells them that this just cannot be the way.

They understand instinctually that something is very wrong. They understand that human beings are far more than they have settled for. And they say to themselves that EVEN IF this were the way, this is simply not good enough for them personally.

And it is THIS SEED that serves as their impetus for a new journey. It is this that sets them off in search of The Truth.

They are completely content with living in the fringes. For their journey must be walked Alone.

And as they go about exploring this journey, led by the momentum of their deep-seated passion, They Learn. They learn the truths that few in the world have learned.

And let me tell you this: **The reason that they learn is**

because they imbibe it THROUGH EXPERIENCE.

They do not learn it from the words of others. They learn it through Experimentation and Exploration.

And as they do this, they truly excel. And as they excel, they become the 1%.

I am about to make a statement. And I do not make this statement in hopes that you will believe me. I have never cared ONE IOTA if anyone believes me or not. For those who come to me, do so not out of “blind faith”, but because there is something inside them that has believed the same thing.

My work is in the field of Professional Athletics, world class human performance, human potential, learning, The Mind, living in bliss, and creating masterpieces.

Here is the statement: Whether you are a professional athlete, a professional coach, an artist, an executive, or a performer, **The Vast Majority Of The Things That Have Been Taught To You Are Half-Truths!**

Whether it is about how people learn (believe it or not, your focus should NOT AT ALL be on “the brain”).

Whether it is about where your greatest performances truly come from.

Whether it is about how The Mind REALLY WORKS (in fact, if you can correctly tell me what the mind REALLY IS, and WHERE IT COMES FROM, I'll give you a FREE CONSULTATION! I give you my word on this).

Whether it is about how to learn a new skill in the shortest time possible ("10,000 hours" is a Myth. And I've discussed this with Anders Ericsson who is the scientist who brought this to the world). You can learn things VERY VERY QUICKLY.

Whether it is about playing under pressure (pressure is not a "privilege." It is a DISEASE. And it saps your talent.)

Whether it is about living in stress (If you manage your stress, you will actually perpetuate it. There is a COMPLETE CURE for stress).

Whether it is about living your life with wayward emotions (Listen to this: You can live your life from this moment forward IN COMPLETE AND TOTAL BLISS SEVEN DAYS A WEEK).

If things have turned out according to your expectations and you've reached the goals you've wanted to reach, that's wonderful.

But if you haven't, could it be that the information that you've been given just simply isn't True? For it were true, shouldn't it have worked? And shouldn't it have worked
CONSISTENTLY?

For if it didn't, then it wasn't really **THE TRUTH**, was it?

The number of people out there who know The Real Truths and The Path To The Real Truths is perhaps no more than 10. And these 10 are scattered around remote corners of the world.

These 10 are present in Every Field.

These are 10 are NOT “smarter.”

These 10 do NOT have higher “I.Q's” (a ridiculous concept in itself).

These 10 do NOT have better “genes.”

These 10 are SIMPLY CONSUMED BY THE IDEA OF

KNOWING THE REAL TRUTH. And this WILD OBSESSION has given birth to all of the tools that they need to discover these truths, and share them with those EQUALLY RARE FEW who seek to understand them.

Human And Athletic Perfection Is Your Birthright



It has become a habit of human beings to reach for something ONLY AFTER someone else has reached for it first.

Remember Roger Bannister and the four-minute mile ?
<https://www.siddhaperformance.com/2014/07/25/roger-bannister-and-the-modern-athlete/>

Individuals will often ask me questions that begin with the following words, “Do you know ANYONE who has . . .”

To which my response is, “Do you know anyone who has ever seriously entertained the question?”

They are not wrong to ask such questions. But their implication is that ONLY IF someone else has done it first, ONLY THEN will I even consider that it is possible.

I do not know how much more time I have left upon this earth. But whatever time I have left, I do not wish to spend it with those who look at the ground rather than the heavens.

When I first opened the doors of *Siddha Performance*, I would read articles which explained the manner by which to create a massive audience of millions. I soon came to the realization that I had no interest in attracting millions. Because then I would have to listen to the defeatist questions centering around the lowest hanging fruit.

What I was in search of were the RARE FEW. A small nucleus of individuals who insisted to live upon the cloud of Ultimate Possibility, Glorious Freedom, and Grand Inspiration.

I remember having lunch with a world renowned PGA Tour player before we started working together. I sometimes laugh at myself for the questions I ask during these screening interviews. My mind says to me, “Are you ACTUALLY TRYING to push him away?” I suppose, subconsciously I do just that.

Why?

I suppose because I am so weary of taking on someone who ends up NOT WANTING to explore and achieve ULTIMATE FREEDOM, without compromise.

So I said to this individual, “I must be honest and tell you that most athletes seek mediocre boosts in performance via a list of prescriptions. And this is not at all what I’m interested in. VERY VERY FEW individuals seek TRUE FREEDOM and are willing to deeply explore the path that will allow them to reach true greatness.”

And I will never forget what happened next. Within a millisecond of my having finished my sentence, this man sat up in his chair, looked me dead in my eye, and said, “Well you’re looking at one!”

The look of wonderful sincerity. And ready willingness. It

was beautiful to see.

And the very moment he said that, it was over for me. All that was left to do was to engage in an enthusiastic handshake.

Our journey had begun that very moment.

So let me pause for a moment and say that even if you don't think it is possible to achieve perfection in life and sports, if you are willing to live the rest of your life as a cyclical sine wave . . .

If you are willing to spend the rest of your days on earth without a visceral desire to achieve complete bliss in your life and creating a completely perfect masterpiece of your craft . . .

And if this is OKAY WITH YOU . . .

The rest of this discourse really isn't for you.

Why do I say this?

I'll tell you really quickly and then I must move on to the meat of the issue. I say this because if you do not seek to immerse yourself into the search to get 100% out of your life. And if you do not seek to mine the depths of what is possible

for you in your craft, what's the point? This type of existence is just too boring and anticlimactic for me. Dying a quick death is much more favorable than dying a slow one.

Okay, on to the search for perfection . . .

In sports, particularly in the world of golf, it is often said that one need not try to be perfect. I have said it myself. And this is true. **WITHIN A CERTAIN CONTEXT.** For it depends what exactly you are trying to make perfect.

Players try to make their “swing” perfect. And this is just silly.

Why?

Because the swing does not produce the shot! Yes I said it. And I will say it again.

THE SWING DOES NOT PRODUCE THE SHOT. (I cannot go into depth on this right now. And please don't feel obliged to believe me).

In fact, the vast majority of what professional athletes practice has less than a 2% relevance to what they will have to do in the game.

Perfection of execution is indeed possible.

Let's talk about this.

What is it that prevents perfect execution?

Perception.

For human beings do not respond to reality. They respond to their perception of reality. They respond to their interpretation of reality.

In addition, they respond to their internal state. If an athlete feels fear and pressure, his behavior will be a direct reaction to this fear and pressure.

On those days that he or she feels calm, his behavior will arise from this calmness, and thus he will play extraordinary well.

In life and in sport, what is the seat of inner turmoil? What is the source of fear and pressure and anxiety?

The Mind.

From where does the mind pick up these things and how
and why does it generate such things?

This is a question that is easily answered, but not in the
form of a discourse. This is one of those in-depth
conversations that I have with athletes, and I then take them
on a road which allows them to EXPERIENCE the mind. And
from this DIRECT EXPERIENCE, they begin to understand.

Your greatest abilities and talents do not arise from what
you know in your head. They arise from what you know in
your experience.

For if it were simply a matter of knowledge and
information, then anyone could simply read a book about
tennis or golf or soccer or snowboarding and within an hour
or two he would become a world class professional in that
sport, right?

In your life and in your work, it is the mind that directly
affects EVERYTHING.

And understand this: You can play all the ‘sports
psychology’ games you wish. You can engage in all the self-
talk, affirmations, positive thinking, visualization, and pre-
shot routines that you like.

THE MIND IS NOT GOING ANYWHERE!

You can attempt to empty the ocean with an 8 oz cup if you wish, but . . .

Whatever trick you use, it might work for a short while. But it will ALWAYS have a shelf-life.

Why?

Because the mind will create a way to work around it. Then you must return to your psychologist for a new trick. And this is how your life will move FOREVER.

Some will say that the mind “self-corrects.” These are just moods of the mind. It is true that to attempt to correct a mood will not bear fruit. But it is also true that once the mind “self-corrects” it is still MIND. And for as long as it is around, you will likely live within it. And for as long as you live within it, it will be the mind that troubles you and it will be the mind that consoles you.

The only way to Permanent Clarity is to **TRANSCEND THE MIND.**

Once again, if you don't believe this is possible, I will NOT attempt to convince you. So feel free to leave quietly.

My stable of clients are very rare individuals. Hand-picked.
And the Very Best in their sport.

Isn't it interesting that the individuals who are the pinnacle of their sport are also the ones who think very differently from the ones who in the middle of the pack?

The road to perfection in your life will allow you to live in BLISS. What does that mean? It means that things will happen to you but they will not create a reaction within you. They will seem distant to you.

YOU WILL NOT "SLOUGH IT OFF" as a conscious effort. The "sloughing" will happen by itself. And an immediate side effect of achieving the No-Mind state is that you become joyful FOR NO REASON AT ALL.

It just happens. And because it Just Happens without you trying to make it happen, this is how you know it is AUTHENTIC.

As for your craft, you will find that The Shots just happen all by themselves. The results happen with perfect precision.

Why?

BECAUSE THERE IS NO MORE INTERFERENCE!

Your whole life you have tried to create mechanically that which should happen instinctively. And instead of understanding the TRUE NATURE OF MIND AND INSTINCT, you have spent your life beholden to perfecting repetitive motions.

This never works. And it is for this reason that you have never witnessed Perfection to any sustainable degree.

When you achieve No-Mind . . .

Even if you are on the Sincere Path of No-Mind . . .

Your intelligence sky rockets. This is because your intuitive intelligence is FAR GREATER than your intellectual intelligence. Intellectual intelligence is simply a pile of theories that you have imbibed and regurgitated from the words that are prevalent in your particular environment. It is just “lingo.”

The Himalayan Yogi’s achieved perfection. Through an

intense and sincere exploration of the subtle nature of the human mind, they have reached a state in which they have NO THOUGHTS. They only Think when they need to Think.

What would you give to live like that!

As such, they are Free.

Why?

**Because the greatest and most authentic freedom is
FREEDOM FROM THE MIND.**

And once a human being achieves No-Mind (the Japanese call it Mushin; the Indians call it Samadhi), his life becomes
PERFECT.

The intelligence within him or her knows how to react to any situation. He becomes joyful. His relationships flourish.
And he becomes a master at his craft.

This is the Holy Grail of Mankind.

There is simply is no greater way to live.

This is the way it is meant to be for Nature, which is always

in No-Mind.

And this is the way it is meant to be for Man.

But it is only achieved by that man or woman who makes it
his Utmost Priority.

To Live Your Life ABSOLUTELY WITHOUT COMPROMISE!



I play a very dangerous game with my clients. I never know how they will take it. They are not totally blindsided, for they often come to me after having had a taste of what I am about, through the reading of my discourses.

The game is dangerous because, although on the one hand the prospect is beautiful and inspiring . . .

On the other hand it is completely Terrifying!

Sometimes I am gentle. Other times I am not. For I believe in making the vision an absolute reality. Whatever it takes!

In modern times, it has become fashionable to fail. I do not believe in the concept.

Human beings are adaptive creatures. This can serve as a benefit. And also as a curse.

It is a curse because man can adapt to becoming listless. He can adapt to becoming mediocre. He can adapt to a life which does not surrender to him all of its treasures.

What is the dangerous prospect that I confront my clients with?

**To create for themselves the sort of life that KNOWS
NO COMPROMISE.**

If they are tormented by anger, to eradicate the anger. If they are beset by tension and pressure, to eradicate tension and pressure. If they are susceptible to swings of mood, to create an even temperament.

If they are unhappy, to create a life of BLISS.

If they have access to only a portion of their talent, to get them to access ALL OF IT!

If their performance suffers, to get them away from the need to “perform” so that their abilities simply EMERGE FROM THEM.

If you believe that such things are fantasies, you are correct. For YOU they will be fantasies. As they are for the overwhelming bulk of humanity.

In the wonderful movie, *Miracle*, the head coach of the US Olympic hockey team says to his players, “This cannot be a team of common men. For common men go nowhere. You must be UNCOMMON!”

I have said it before and I will likely say it a thousand times hence:

Siddha Performance is NOT for everyone. It is certainly NOT for the common man.

For common men GO NOWHERE!

It is for the man or woman who is TORTURED by the prospect of NOT living in complete Freedom, and is

CAPTIVATED by the prospect of being a GOD of his own life, in every single facet of their existence.

It is for That Rare One who SALIVATES at the idea of making their life a storybook existence and their craft the stuff of Legend!

How is this done?

BY GOING BEYOND THE MIND.

Do not believe that everyone would jump at such a chance. In dealing with multitudes over the preceding decades, it has become clear to me that man has made a friend of his miseries. On the one hand he laments them. But on the other hand, he would not know what to do without them.

When you take away a man's miseries he does not know how to fill the hole. He has become so accustomed to his conditioned existence, that if you took away all his miseries, he would no longer know who he is.

And he would be CORRECT to feel this way. For the man who he has been for his entire life is a FALSE MAN.

Why?

Because the personality and the identity that he has adopted is not his AUTHENTIC ONE. It is the one given to him by his conditioned mind. And once he feels the cool air of freedom on his skin, he becomes afraid. For all that is FAMILIAR to him becomes lost.

But the ones for whom FREEDOM mean more than anything, are more than willing to let the shadow of themselves retreat into the sunlight.

For they have finally discovered that it is in becoming NOTHING that a man gains EVERYTHING.

This, my friends, is the great paradox. It has echoed throughout the remote peaks and passes of the Himalayas for centuries. And it is the ULTIMATE JOURNEY OF MAN.

For it is this journey that allows a man to become what Nature intended for him.

It is this journey that allows a man to become The Ultimate Man.

And by transcending the human mind, the ultimate man

transcends his slavery to it. And, thus, in every facet of his life, he realizes his glorious possibility.

As I said, this is not for the masses. For the masses could never allow themselves to believe that which they have only seen in glimpses.

But The Rare One looks at the glimpses and sets off to transform the glimpse into a living reality.

Please do not ask me if it possible. For if you do, you will give yourself away. You will betray your inner hesitation to embark upon the journey.

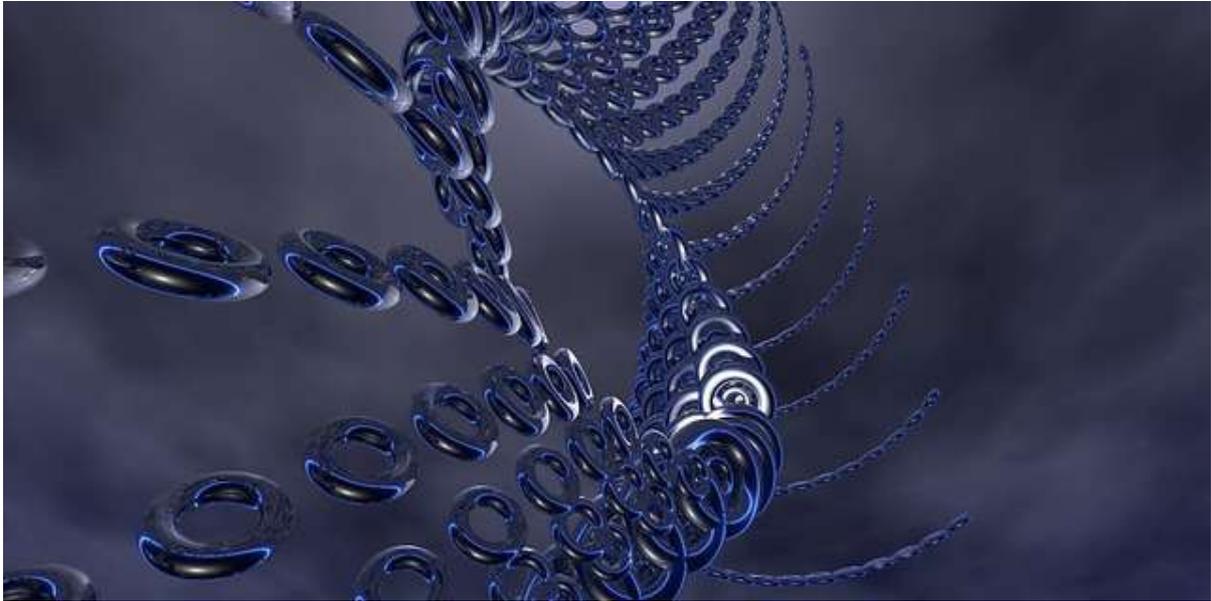
For That Rare One, what is possible is whatever HE SAYS IS POSSIBLE!!!

And for such a rare man, nature herself bows before him.

I ask you now, are you This Rare One?

And are you willing and obsessed to embark upon a journey in which nature bows her lovely head BEFORE YOU?

My Life Has Been Transformed



I believe it was October of 2013. I returned for a sixth consultation session with a professional soccer player overseas.

The Europeans are very keen and insightful. They are given to the teachings of wisdom and the understanding of the human mind.

The interesting thing about this experience was that this soccer player had returned to the top of his game. And yet he still contacted me to return for another consultation.

Since this happened, it has become more and more frequent. And it is something that I did not expect when I

started *Siddha Performance*. For it was clear to me that athletes would call when things were not going well. It was clear to me that they would call me so that we could together explore that path that would lead to their transformation. But I had overlooked the fact that they might call me in order to help them MAINTAIN IT.

I will now provide for you a glimpse of what took place. I will call him Ivan (this is not his real name).

We sat in secluded corner of one of the hotel's grand seating areas. And the first thing that he said to me was, "I did not call you here for my football."

"You mean SOCCER," I said.

He laughed, and said, "Doc, when you come to Europe, you have to call it Football. I'm a footballer."

"Football it is," I said with a smile.

"When do you go back to North Carolina?" he asked.

"Four days."

"Four days? No not four days. Seven days. I need you

please for Seven days.”

“Tell me what the issues are,” I said.

“There are so many issues, Doc. But I don’t have a problem with any of them.”

This was a very unusual statement. I understood what he meant immediately. But it isn’t the sort of insight I hear from a professional athlete. It’s something I would expect to hear from a Zen monk.

“I like what you said,” I told him. “Tell me about it.”

“I have NO problems with my football. Let’s talk about this, no?”

“Sure,” I said.

“When we first started, it was about my football. All about my football. My performance on the pitch. My scoring. My fear. How I felt in different situations of the game.”

“Yes.”

“That’s not a problem anymore. At least not 90% of the

time. There are still some things I want you to help me with as time goes forward. But for now it is very different.”

“How is it different now?” I asked.

“I know what to do. It doesn’t matter the situation. I don’t even rehearse it.”

“You CAN’T rehearse it.”

“Right, Doc. That’s right. You can’t rehearse it. Because you don’t know what is going to happen. So you can’t rehearse it.”

“Good,” I said. “Continue.”

It was clear that he was struggling to find the words. And this is ALWAYS a good sign. I cannot go into why it is a good sign. It would take too long to explain.

After he mumbled to himself for a while, he said, “The situation comes. And I know what to do. I just know what to do. I Just Know! Just like you said.”

“Yes.”

“When we first started working together, you said I would know what to do. But I didn’t understand what you were saying. So many things I didn’t understand what you were saying. But later, after doing it, I understood.”

“Understanding happens in the heart and the fingers. NOT in the head.”

He thought about this for a minute. And then, as if he had seen the light, he erupted, “YES, YES, Doc. It’s not in the head. You only go wrong in the head. You go right in the heart.”

“What a beautiful statement. I love it.”

“You know, football is so much fun. It sounds silly for a pro footballer to say this. But for so many years it was not fun. It was a job. And it’s true that it is a job. But the problem was that it was ONLY A JOB. Do you know what I am saying?”

“The majority of professional athletes would know EXACTLY what you are saying. You are not alone in having felt this way.”

“But now The Job part is much much less. Now it is play. Before, do you know the worst part of the match? It was

BEFORE the match started. The horrible feelings BEFORE it started. Now I feel EXCITED before it starts.”

“Why is that?” I said.

“Because now I feel that I can handle ANYTHING. I am not being a slave to the mind, as you say.”

“That’s fantastic to hear.”

“Yes, yes. Everything happens by itself, you know? Before, those days when everything happened by itself were very rare. Now they are almost every game. That’s crazy, no?”

“It’s crazy NOT TO BE THAT WAY,” I said. “What you are experiencing is what Nature intended for you to experience.”

“Okay. Yes. And now I have lots more money and big house and nice car. And you know what, this is NOT why I’m so happy.”

“Tell me,” I said.

“I’ve taken this to my whole life. You call it No-Mind? Yes, No-Mind. I take No-Mind to my life. To my family. To my six-year old daughter. You know her birthday was last week.

It's changed my whole life. This No-Mind. This is why I'm happy."

"How has it changed you?"

"No, I said the wrong word. Not CHANGE. It has Transformed my whole life."

"Indeed. It is all about transformation. NOT change."

"Yes. My family sees me differently now. Sometimes I feel that they look at me different. It's so difficult to explain. When I see them look at me, they look like they see a different person than before."

"This is because it's true."

"That's right. I can feel that I'm different. But I'm surprised that this shows on my face."

"The mind reflects itself in the face and the eyes."

"Really? Okay. You know, I remember in our third meeting together you said something to me. Do you remember?"

"I never know what things will strike people in the heart.

It's different for every person. Tell me what I said."

"You said, YOUR THOUGHTS ARE STUPID."

I smiled and said, "Yes, that is indeed true."

He laughed out loud. "So you agree with yourself?"

"Yes, indeed."

"When you first said that to me, I thought that you meant that, you know, specific thoughts I was having were stupid.

But that's not what you meant, right?"

"You are absolutely correct. The more you hold on to your thoughts, you will live within the mind. So if you understand that your thoughts are stupid, you will begin to leave them.

And there will come a time, that you can use your mind as you wish. And you will use thought as you wish. In fact, when you reach the state of No-Mind, YOU THINK ONLY WHEN YOU WANT TO THINK."

"Right! So I began leaving my thoughts that day. It was not easy, but I practiced it EVERY DAY. Because I LOVED THE WAY I FELT when I didn't have them. I had always been told to change my thoughts. To think good and nice and positive

thoughts. But no one ever told me that I could train myself to
have NO THOUGHT AT ALL.”

It was one of the most unusual consultations that I have
ever had. And also one of the most beautiful. And this is why I
relate it to you now.

He later told me that he needed me there for seven days
because he was afraid of losing what he had achieved. He
actually wanted me to watch him interact with his family. He
wanted me to tell him if I saw his mind RETURN. Because he
was afraid of reverting back to that way of living.

He has kept in touch with me, regularly.

Something tells me I'll be seeing him again soon.

And I hope that I do.

For these are the experiences that I live for.

**The transformation of an individual from Mind to No-
Mind.**

The Deep And Painful Truths About Coaching



So much time is spent writing and talking about the advice that coaches wish to give to students.

So much time is spent writing and speaking about how coaches can “coach better.” And how they can get their message across to students.

So much academics. Graphs. Pie charts. Research studies.
Conferences. Power point presentations.

How about a list of no-nonsense observations that require
no pie charts or graphs.

These will require only your ears and your heart.

A coach cannot teach any student unless the student truly
wants to learn.

Most coaches are more in love with teaching than most
students are with learning.

The great coach is in love with Exploration. The mediocre
coach is in love with Instruction.

Great coaches ask questions of the student. Mediocre
coaches give them answers.

Great coaches mine the depths in order to find that ONE
THING that takes care of twenty. Mediocre coaches teach the
twenty.

The wise coach has learned to divorce himself from the
NEED for his student to succeed. In this way, his intentions

remain pure. And all of his intentions are in the benefit of the student and not himself.

The wise coach takes on very few clients. For there are only a few who wish to walk the path of Truth.

The RAREST thing in the world, more rarer than any antique piece, or animal near extinction, is a STUDENT IN SEARCH OF THE ULTIMATE TRUTH.

Great coaches live painful lives. Mediocre coaches live happy ones.

Wise coaches do not go to conferences. For they have learned that wisdom is NEVER found amidst the majority opinion. And that which can be REDUCED to a power point presentation is NOT TRUTH.

Great coaches do not teach the HOW. For they realize that if they can help the student understand the WHAT, he will create his own beautiful HOW.

What the great coach abhors is Dependency.

What the great coach fears is the Death of Ingenuity.

The great coach understands that the most INEFFECTIVE way to get his student to do something is by telling him to do it.

The great coach has learned that his guidance lies in placing microscopic cones in a widely dispersed and inconspicuous manner. This allows the student to have the freedom of his own ingenuity whilst not becoming lost. WITHOUT EVEN KNOWING IT.

This same great coach has 10,000 microscopic cones collecting dust in his warehouse. For he is still waiting for that RARE student with the SUFFICIENT SINCERITY to walk this path.

The great coach NEVER pesters a student by asking him if he's "ready." He simply waits in turmoil and anguish, hoping that today will be the day that the student comes to him and proclaims that he's ready.

The great coach never burdens himself with the need to win. For he understands that if he goes down this road, he will live his entire life as a slave to circumstance.

The great coach recognizes that a disease of modern sport lies not in the student's desire to win, but his need to win. For

the need to win is simply a manifestation of a gaping wound within the student's heart. And unless this wound is explored, he will never know peace.

The great coach refuses to teach the masses. For the masses seek answers. And he has only questions.

The great coach sometimes laments that he ever became a coach. But he knows deep inside, that coaching came to him.

The wise coach has learned that if he coaches to receive Thanks, he might as well quit now.

The wise coach seeks not adoration or praise. He CRAVES a communal exploration of a student's search to attain Mastery and return to his true Self.

The Sincere Student is for whom his door stays slightly ajar.

The Sincere Student is for whom he lights a small lantern which stays in the East-facing window.

And it is his greatest wish on earth to one day see a face at the door.

The face he has waited for his entire life.

Your Quiet Journey To The End Of The Earth



I have traveled for so long. I have seen many things.

Victories. Heartbreaks. Glories. And disappointments.

And each time I experienced them I felt that they were everything. I saw them with wide eyes. And the closer I looked at them, the more I became them.

I became my successes. And I became my failures.

I became whatever happened to me. And because I did, I
lost myself.

I lost the person I once was. The person who once saw
things as only things. The person who did not divide things
into neat little categories like success and failure.

When you live within a particular culture, you become the
culture. You imbibe its traits. And you recite the lingo.

You become a part of the fabric in which you have lived for
so long.

But as I sit back and look at my life, I realize what a fool I
have been. I have accepted my life as a drama of events in
which I play the lead role. And I have surrendered my
equanimity to the fickle hand of circumstance.

I will do that no longer. For I have finally glimpsed the
strings behind the stage. It is all a grand drama. A glorious,
life-sized play. It unfolds before my eyes. I can watch it and
enjoy. But I no longer need to be a part of it.

My career. My wins and losses. My championship

accolades. My prize money.

I have sacrificed my joy for all of it. For I believed that the price was just.

I was wrong.

I no longer accept this deal. I have torn the contract. Life may sue me if it so wishes.

From this moment on, I will change my relationship with my life. I will not look at it through the eyes of hope. I will not wish for a certain outcome. And I will not dread the dreadful possibilities.

Not because someone told me to. But simply because I've seen the futility of it all.

If I do not go forward as ME, I will simply not go forward. There will be no more compromises. There will be no more begging to have things go according to my demands.

I will pursue my journey. FOR THE RIGHT REASONS, this time.

I will no longer trade the certainty of today for the promise

of tomorrow. For I have seen that tomorrow brings just as much pain as joy.

Yes, I will go on my journey. And I will pursue it quietly. With love. With reverence. With enjoyment. And innocence.

I will go AS THE PERSON THAT I AM. And not as the person I hoped to be.

And I will not stop. For now I feel as if I have more power than ever. **I will walk and I will learn.**

And I will not stop until I reach the ends of the earth.

And if someone sees me pass, they will stop and look. Not necessarily because of the greatness of my skill. But because of the silence with which I walk. Because of the sincerity with which I seek. Because of the joy with which I explore.

And in seeing me thus, perhaps they will be inspired to begin a journey of their own. A journey into the heart of themselves. To a place they have always wanted to go but never had the permission to do so.

Perhaps watching me will give them permission. Perhaps I will prevent them from wasting another day in walking the

foolish and fruitless path that man has become so accustomed
to walking.

And in doing so, perhaps they will see as I did, that the
things that troubled them were of their own making.

Perhaps they will see as I did, that the questions they had
been asking were ones that had no answer. And instead of
searching harder for the answer, perhaps they had to ask a
different question.

Some questions lead us away from ourselves. And
some questions lead us to Freedom.

I have decided to change my questions. And I know that
they are better ones.

How do I know?

Because after asking them, I smile. And feeling is perhaps
the greatest judge of truth.

The way I feel is no longer up for sale.

And my life will no longer be sold to the highest bidder.

For I have decided to own it.

And owning it I will walk.

And in doing so, I will walk as a Complete Man.

What Professional Athletes Truly Want



I've always been very big on visions. But at the same time, life has taught me that plans don't often go according to plan.

And it's a good thing they don't. For the wayward wanderings of fate often work in our favor. It certainly has for me.

When I first started *Siddha Performance*, I knew it really was about so much more than “performance.” But I also knew that professional athletes had a habit of seeing things in a hard numbers sort of way. For this is the culture in which they have

been groomed.

But as time has gone on, something very interesting has happened.

As I explore with my clients the nature of the mind and the source of performance, we begin to wander into quite sensitive territory. Well beyond the lines of athletic performance. Well beyond their image of themselves as athletes. And firmly into the nature of their humanity.

While there is a certain charm in performance, athletes tell me that it's something much deeper that they want to explore.

A lack of inspiration. A certain boredom. A devolving into routine. A loss of Freedom.

It is perhaps the case that professional athletes in general are becoming more holistic in their examination. But given the stifling culture in which they live, I believe this is an optimistic view. I believe that I just so happen to see a skewed population in my consultation practice, as I seem to have carved a niche for these ideals. Thus attracting those who seek to make these ideals a truly integral part of their existence.

Everyone seeks to feel a certain way. And everything that

they do is done in service of procuring that feeling.

Championships produce a certain feeling. Losing produces a certain feeling. Accolades produce a certain feeling.

Rejection produces a certain feeling.

Because a man's life does not provide him with a constant supply of the sort of feeling he covets, he seeks to enter into those situations which do provide the POSSIBILITY of those feelings.

The problem is this: There aren't enough championships in the world to meet his demand.

And thus he lives much of his life IN WAIT. And because time is so plentiful, he waits for his entire life.

But can this truly be called a life?

A life that is truly lived is lived inside one's craft and outside one's craft.

Is it not?

To live a waiting-room sort of existence is what people seem to abhor. At least the ones who come to see me.

Man is hungry for one thing: INSPIRATION.

Inspiration is such a powerful force, it can become one's food, one's drink, and one's shelter.

IN FACT, I will state it plainly for you:

The athlete is in search of INSPIRATION more than he or she is in search of PERFORMANCE.

For it is so often the case that when they access the former, the latter takes care of itself.

Inspiration is what he or she craves.

And inspiration is what he cannot live without.

To help human beings go out of their minds with
INSPIRATION.

This is my love.

And my inspiration.

Journeys To Nowhere: A Siddha Letter



No matter the work that we do, it evolves according to the alchemy that occurs between two people. It takes on a form and a shape that is necessarily unpredictable.

And this becomes the genesis of one's wholly unique place in his world.

It has been the same with everyone that I've worked with. It has been the same with the celebrity as it has been with the professional athlete. It has been the same with the professional athlete as it has been with the executive.

For behind each one of these masks lies the heart of a
human being.

One such evolution in *Siddha Performance* has been the
preparation of letters.

I often use a multifaceted approach with my clients. One
that is verbal. And one that is written. The point in the
relationship at which I do it varies from individual to
individual. But it is an integral part of the way in which I help
people.

Why the written word?

Simply put: **The written word reaches a place within the
human being that the verbal word cannot.**

Some time back I received an email from one of my clients
who told me that she was going on an extended trip. She said
she would have occasional access to text messaging, but the
places she was going to be visiting were remote.

She said that she was going to be traveling on the Trans-
Siberian railway. And that she was going to visit the various
shrines in India. It was a Seeker's Journey. And she wanted

me to write her a letter.

As she put it, “Doc, it will be at least a month before we can have our next session. I don’t want to regress. Can you please write me a ‘Siddha Something’ that I can print out and keep with me? Something I can live by until I return.”

I’ve asked her permission to share this letter with you. I have omitted some personal details in order to preserve her privacy. I will call her Veronica.

Dear Veronica,

During our time together, there are things that you have been forced to experience. Painful things. Sensitive things.

Things that you felt you had to overcome. We often feel that the things in our lives are hurdles that we must cross. The truth is, that if you move these “hurdles” from the middle of the road and place them along the side of the road, they are no longer hurdles. They are actually a guide. They create the path within the path.

You are about to set off on a journey of discovery. You have not told me much about it, but knowing you as I do, I know what this journey is all about. And I want you to go with my

best wishes.

Travel the corners of the world. See what there is to see.

Discover what there is to be found.

I have only one fear about this journey: **The fear that you will find something.**

Veronica, remember when you first came to me? You had seen several people to help you with your problems, whether they were related to performance or to your happiness. Do you remember what I told you? I told you that this was NOT the time to come to me. I asked you to see every adviser that you wished. And if your problems still remained, you could come to me.

I did this because at the time that you first came to me, you were addicted to answers. You were not ready for the unconditional Truths. You did not come to me seeking Truth. You came to me seeking a “solution.” You came to me in search of “better answers.”

Since the first day we began working together, I think you will agree that I have never given you answers. I simply held you close to the questions. I insisted that you look into the questions as one looks into the depths of the Pacific. At first

you resisted. But as you looked deeper and deeper into the questions, you slowly became less dependent upon the answers. For somewhere inside of you, you discovered that the answers did not provide a solution. They simply produced more questions.

You learned that answers were simply a respite from having to live with the questions.

And when you no longer felt the need to hide within them . . .

When you were willing to stand naked in the rain, wholly vulnerable to nature's wrath . . .

The seasons changed.

And the winds died down.

And you called me on the telephone and you said, "I think I know what to do."

And if you remember correctly, I didn't ask you what it was you were going to do. For the details mattered not. It had come to you. The way that truths always come. Through the heart. A heart that has been cleansed of the need for answers.

That day your life changed.

You wrote to me about it. I have the letter, still.

And now you are about to set off on a journey of discovery. And I hope it is not to “improve” upon that which you already know.

For when TRUTH comes, it comes whole. And when one gets the taste of it, they seek more of it. But sometimes when they seek more of it, they chase it away.

Veronica, truth is like a puddle of water which sits within folded hands. If you seek to drink it, you will spill it. If you seek to possess it, it will leak through your fingers.

But if you allow it to soak into your skin, without drinking it or possessing it, it finds its way into your heart.

Go on your journey, Veronica. And take this letter with you.

But be careful of finding something “new.”

Do not fall into man’s greatest trap: **To go on a search for that which he already has.**

Whatever you find, admire it for its beauty. But understand
that it is only a mirage.

And my dear Veronica, why chase a mirage?

When the very ocean resides within you.

What Is It Like To Find Your Place In The World?



There is a man who I've thought about for a long time. When I first read about him, I knew that I would one day write about him.

We, as human beings, are drawn to those whose sensibilities are in line with our own. We feel a kinship with such people. They are our brethren.

And we love them for it.

The man is Bernard Moitessier. And the most instructive part of his story begins in the year 1968.

For in this year a race was declared. A race like no other.

The Sunday Times Golden Globe Race: the first solo, non-stop yacht race around the world.

The prize was 5,000 pounds.

Near the end of this race, Bernard Moitessier had clocked the fastest circumnavigation time. After having survived the treacherous seas at Cape Horn, he was the likely winner.

And after having spent seven months alone at sea, he was now less than six weeks from home.

He was a short trek from completing a non-stop solo voyage around the world.

He then relayed a message to his wife.

And turned back.

His boat was now headed south. And the message to his

wife read: “We will meet again later.”

An unimaginable act. To everyone but his wife, Francoise.

Francoise had once said, “I knew he would do something. He was happy at sea. He was content. He had found his universe. He had found himself.”

After having almost completed a solo trip around the world, Bernard Moitessier wanted to do it again.

Immediately.

After turning back, he wrote, “I do not know how to explain to Francoise and the children, my need to continue toward the Pacific. To be at peace. I know I’m right. I know exactly where I’m going. How could they understand that? It is so simple. But it can’t be explained in words.”

Bernard had discovered Yoga during his voyage through a book that had been left on his boat. It was not the modern and commercialized form of Yoga. It was True Yoga.

Not a contortion of the body. But a nuanced study of The Mind.

I am often asked to predict how far an athlete will go in his career. I am often asked about training methods. And practice insights. And the source of great performance. And the manner by which to attain mastery over the mind.

And such questions are fine. And even fun.

But what I am always interested in is the question behind the question. The impetus behind the question.

One of the things I find myself asking most often is: “What is the real reason you are asking me this question?”

The reason that I love Bernard Moitessier . . .

The reason that I am enthralled with his story . . .

Is because it is not the story of a man conquering the world.

It is the story of a man finding his place within it.

It is not the story of a man being the best at his craft. It is the story of a man who finds communion with it.

It is not the story of a man giving his life for his work. It is the story of a man finding his life within it.

It is not the story of a man finding his passion. **It is the story of a man finding himself.**

Is this not the ideals that should be at the forefront of all our efforts? Not only for ourselves but for those who seek our counsel?

Is it not likely that the man who has found life in his craft will also be the one who masters it?

Is it not likely that the man who plays with his art will remain whole, regardless of the color of his medal?

Before the journey, Bernard said, “Anyone who does this race for money or fame will come to grief.”

Is this not what we see throughout the world, regardless of the profession?

You see, questions become easy to answer once you truly come to realize what it is that you are asking. For it is only then that you begin to truly consider the What rather than the How.

If a man chases accolades, he will necessarily lose his soul. For it is only the soul-less man who Needs the accolades.

The man who is encouraged to allow his own self to guide
him . . .

The one who is allowed to find himself in all that he
does . . .

Is the man who cannot fail. For he will forever have the
best of both worlds.

He will own today. And he will not suffer from the hope of
tomorrow.

If you find yourself in all that you do, is there anything that
truly remains to be found?

If you and I one day meet, you might ask me to explain to
you what it's like to find one's place in the world.

I will place my hand upon your shoulder, and say:

My friend . . .

It is so simple. But it can't be explained in words.

To Live A Life COMPLETELY FREE Of Anxiety



This is for that human being that roams within the athlete.
I know you are there. Let's have a heart-to-heart talk.

Man is accustomed to breaking world records. And winning
gold medals. And winning golf championships. And Stanley
Cups.

Some of you have done this yourselves. Others know
people who have done these things.

But may I ask you a question?

Have you ever met a human being who has learned to live completely free of anxiety?

I do not diminish the gold medals, the world records, the golf championships, and the Stanley cups. They are indeed grand achievements which are achieved by a relative few.

But is there a grander achievement in the world than to have cured oneself of anxiety?

Anxiety is so much a part of our lives that we don't even recognize it. In working with professional athletes, they are often quite startled to find that their habits, their behaviors, even their practice patterns are responses to anxiety.

The human being has become so accustomed to anxiety . . .

It has become so intricately woven into his life . . .

That he often fails to recognize which of his patterns are a response to anxiety and which are a response to his real life.

It could even be said that the number of things that a human

being does in his life that are NOT in response to anxiety can be counted on one hand.

I assure you there is no need for psychiatrists to go to the trouble of creating a category called Anxiety Disorders. For even the psychiatrist himself suffers from it. It would be far easier to create a category called Anxiety-Free Disorder.

The human being is not at ease with himself. He must run to the store in order to satisfy a need. He must attend to his relatives so as to avoid feelings of guilt. He must win a trophy in order to avoid the terrible feeling of his hard-work not having been fruitful. He must “carry his own weight” so as not to let down “the team.” He must satisfy a minimum win-loss-record so as to appease his bosses. He must demonstrate a minimum stock performance in order to satisfy the shareholders.

The human being feels anxious before a match, during a match, and after a match. He feels anxious before weddings, parties, business meetings, flights, and youth sports.

Even as he puts on his watch, if he is sufficiently aware, he senses a slight trembling of his hands.

He tries to meditate, and when it doesn't work he feels

anxious about the failure of the meditation to rid himself of
his anxiety!

And as man of you are reading this discourse, you will soon
begin to feel anxious about feeling anxious.

What have we done to ourselves?

What a lamentable existence we live.

If you meditate in order to free yourself of anxiety, you will
leave more anxious than you arrived.

If you listen to a nice melody, the anxiety will lie in wait
and pounce upon you the moment the melody has ended.

If you win the medal you have been seeking, it will only
lead to the anxiety to win another in order to “back it up,” and
prove to everyone that it wasn’t a “fluke.”

And if you win multiple medals or Grammy’s or Emmy’s,
you will now have graduated to the anxiety of the privileged
few: the anxiety to win MORE than anyone else.

If you attend your child’s tennis match, you will have the
anxiety of HOPE. And if he loses, you will have the anxiety of

Hard Work.

And believe you me, a full 80% of “hard work” is anxiety. This is why it is called HARD work. A portion of the work is done in order to acquire skill. But the majority of the work is done out of FEAR. The fear of what will happen if one doesn't do it.

It is very similar to the anxiety of prayer. Yes, the churches are full of anxiety. People pray to a God they have never before seen. And they pray to him to ask him for things. But what they will not admit to themselves is that the real reason that many of them pray is out of Fear of what will happen to them if They Don't Pray!

People will naturally ask me HOW TO GET RID OF THIS ANXIETY.

This is a trap, my friend. For you ask too quickly. The words roll to easily and too reflexively off your tongue. I will not betray you by providing you with a respite. For if I do, you will run to this respite out of anxiety. And you will live in that respite, Anxious to avoid the anxiety that you are attempt to escape.

There will be a time for Banishment. There will be a time

for Cure.

But not until you live with the pain. Not the pain of anxiety.
But the pain of recognition. The pain of admitting to yourself
that your whole life is nothing but a ball of anxiety.

Until it is the greatest goal of your life, it will always
plague you. It will follow you. It will color your moods. And
saturate your every behavior.

Until it is the Supreme Goal of your life, your life will be
mired within it.

But when it becomes your supreme goal, I will be here.

We will dissect apart the glory that is your life and remove
the strands of anxiety piece by piece.

Tell me . . . What does a man really have if he has not
Freedom?

Of what use is any life if it has not Peace?

Could it be that everything that you chase in your life has
nothing to do with the thing itself?

Could it be that, in actuality, you are not running Toward anything? But running Away from anxiety?

Could it be that this is all you have ever wanted?

Could it be that the medals and the accolades were simply a subliminal desire to get the wins out of the way so that you could have peace in the professional that you love?

Could it be that in order to be able to play the game that you love, you must first stop playing games with
YOURSELF?

Could it be that that time is NOW?

Could it be?

The Most Tragic Illusion Of Man



What does a golfer have that a hockey player does not?

What is it that one attempts to negate, while the other attempts to cultivate?

Time.

Time is the bane of the golfer's existence. And so he attempts to play as if he had less of it.

Time is the hockey player's gold. He attempts to create

more of it with every play.

One feels that he has too much. And the other not enough.

Is this not true?

Is the golfer not always burdened with “too much time over the ball?”

Is the hockey player not constantly attempting to “create more time and space?”

The hockey player occasionally feels the burden of time. For instance, when taking a penalty shot. As the basketball player feels it on the free throw line.

But there is nowhere in existence that time wreaks greater havoc than in the day-to-day lives of human beings.

There are many creatures that live but a few days or a few years. But man is given an inordinately long lifespan.

This is not the blessing you might consider it to be. For even the man who lives 88 years finds himself in the end asking for just one more.

I ask you: IS TIME A BLESSING?

They say that one should be grateful for the fact that the sun
will rise tomorrow.

But it is this very consistency of its ascent that has poisoned
the life of man.

Why?

**Because as long as a man KNOWS that the sun will rise
tomorrow, he will most certainly waste TODAY!**

The more uncertain is tomorrow, the more certain become
today.

There is, in reality, no such thing as tomorrow. But man has
become accustomed to living his life as if there were no today.

As a result, he lives in a life of dreams which he will ONE
DAY pursue.

He postpones the search of true peace which he will ONE
DAY set off in search of.

He postpones the mending of relationships which he will

ONE DAY attend to.

In the meanwhile, this force of time carries forward without hesitation.

And as his back is turned, his dreams become memories.

And his children are no longer children.

And all along, his biggest problem was NOT that he wasted too much time.

His problem was that he believed in the concept!

If you believe that such a thing as TIME exists, you will have no choice but to waste it. For you will deliberate about it. And you will divide it into little allotments that pepper your daily existence.

Your life will become an endless succession of “thoughts.”

Forgive me if I have misspoken. But is your life not a constant succession of thoughts? Are you not besieged by them during every waking moment of your life?

Why is this so?

Because, believe it or not, thought is a function of time.

If one did not believe in Time, he would not be burdened by thought. When he needed to think, he would think. And when he did not, he would not.

“Tomorrow” is a dangerous concept, my friend. It will rob you of your bliss. And it will cost you your life.

I have often said that the greatest blessing for man would be to suffer a near-death experience once every six months. For it is only then that he would come to the realization that he is living on Fumes.

He is living a life that rides whose foundation is but a delicate cloud. And when that cloud drifts but three degrees west by a light Easterly breeze, his life will end that very minute.

If every man lived with the impending thought of his own demise, he would live the life of angels.

If every athlete lived this way, he would infuse the sort of art into his work that is the stuff of legend.

When you only have ONE DAY LEFT, oh how beautifully
you live it.

When you only have ONE GAME LEFT, oh how
completely you play it.

Abundance is a curse.

Learn to live in scarcity. For this is the real truth.

I will leave you with this:

There was once a day that you were not here.

And soon there will come a day that you are here no longer.

Vulnerability Is The Product Of Wisdom



Some say that vulnerability stems from courage.

This implies that one is willing to sacrifice something valuable. And because he is willing to do so, he is considered courageous.

But perhaps the greatest wisdom lies in understanding that what we have been protecting all of our lives is not a real living being, but a shadow.

And once we recognize this, we willingly let go of the shadow. Not out of sacrifice. And not out of courage.

But out of the understanding that we need it no longer.

There is a profound communion between a professional athlete, a professional actor, and a human being. For all three are invested in a particular drama.

The athlete seeks to win. The actor seeks to portray. The human being seeks to live.

Each of them suffer the burden of the persona they wish to perpetuate.

The athlete plays the ROLE of the athlete. He rejoices when he wins. He laments when he loses. He strives. He toils.

The actor seeks to progress into more prestigious roles, on grander stages.

The human being lives a life that is thrown to and from by the hands of circumstance. He seeks a way out. But knows it not.

Except for THE MASTERS.

The Master athlete has seen beyond the wins and losses.

The Master actor has seen the human being behind the
character.

The Master human being has seen that he has been playing
the role of a character that doesn't exist.

In my work with professionals, what I attempt to tease them
away from is the milieu of their manufactured environment.

The noise in each of these environments is so pervasive . . .

The lingo so contagious . . .

The perspective so myopic . . .

**That the individual exchanges his INDIVIDUALITY for
the ROLE that he plays.**

As a result, there comes a time when he no longer
recognizes who he is. He looks into the mirror and he is
unsure of the man that stares back at him. He looks into his
eyes in order to find but a vestige of his authentic self.

If he becomes sufficiently dissatisfied with this, he begins to tear away the false skin. And remove the many masks.

He finds it difficult at first. For at every stop along the way he is unsure as to whether that which he is about to discard belongs to him or to his false shadow. To the naked eye, they appear the same.

BUT THE HEART CAN ALWAYS DECIPHER THEM!

For man is not a Thinking being. He is a FEELING one.

And if he guides his life by the authenticity of his feel, he rarely goes astray.

The mind's intellectualization is no match for the heart's quiet wisdom.

The Master athlete returns to his craft. He invests himself in its nuances in order to cultivate a rarefied form of mastery.

The Master actor almost resents the word "actor." For he realizes that Acting Is Not An Act. He understands that his is NOT the work of mimicry but METAMORPHOSIS. And once he invests himself liver and spleen into the character, he

will no longer be burdened by the need to “act.”

The Master human being comes face to face with the character he has fought heaven and earth to protect. But as he understands the Self Behind His Self, he drops his weapons and discards his coat of armor.

Each of these Masters become masters not because of conquest, but Surrender.

The athlete surrenders to his talent.

The actor surrenders himself.

The human being surrenders his shadow.

And upon surrendering, each of them becomes Vulnerable.

But this vulnerability is not a willful act of courage. Rather it is a rite of passage.

Passage into the world of Truth.

Passage into the world of Unadulterated Reality.

Upon making this passage, each of them becomes invested

with the power and the abilities uncommon to mortal men.

For this is why they have become MASTERS.

And this is why they will never again go astray.

Siddha Meditation: A Siddha Performance Secret



In previous weeks, I have received at least two dozen requests to reveal the insights into how I teach my clients to meditate.

I will limn the essence of my approach. But I caution you that it has nothing to do with HOW.

For, in any craft, if a human being is taught the HOW, he will follow the FORM and lose the essence.

And this leads only to technical proficiency.

And, understand dear friend, that technical proficiency is a long way from ART.

Google the word 'meditation' and you will find millions of hits in text and video form. And virtually all of them will be devoted to the HOW.

HOW to sit . . .

HOW to breathe . . .

HOW to think . . .

HOW to arrange your index finger and thumb . . .

HOW. HOW. HOW.

Form. Form. Form.

I will state categorically that meditation has little to no effect on the vast majority of the millions who practice it.

You know people who meditate. How many Of them are truly Equanimous?

How many of them are in control, regardless of the circumstance?

How many of them live a life saturated with Bliss?

Go to the temples and the monasteries. Where heads have been shaved. Robes have been dawned. Vows of celibacy and sacrifice have been made.

Even within these holy walls, how many Buddhas will you find?

Can we please stop the nonsense? Can we abandon the charade? Can we for one minute divorce ourselves from the idea of FORM and invest ourselves into the exploration of the REAL TRUTH?

The world we live in worships cosmesis. It sits at the altar of a painted god.

Whether they are professional athletes, coaches, or artists, I do not seek to INSTRUCT my clients on HOW to meditate.

I seek to IMMERSE them within the Essence of what meditation Truly IS. And what it is NOT.

And when they sit with this Understanding (I will not call it ‘knowledge’), meditation is not an action that they do, but a quality that they adopt.

And as it is with the mastery of any craft in the world, unless you BECOME IT, you will not taste it.

The following is only for those who are SERIOUS.

Meditation is about becoming LESS than you ever thought you could be. The irony is that as a man becomes LESS, he grows more powerful. His talent comes fully under his command. And he gains equanimity?

Why?

Because he is no longer subject to interference.

Interference by what?

Interference by the false persona that he is created.

Meditation is less about “meditating” and more about becoming MEDITATIVE.

Meditation is not a pill. Abandon the notion of “10 minutes of meditation per day.” This is for the unserious.

YOUR WORK MUST BECOME A MEDITATION. For then you will create glorious works of Art.

Your daily existence must become a meditation. For then you will not suffer the wayward moods of the mind.

There is an understanding which applies to everything that a man does. But if we begin with its application to meditation, you will perhaps understand.

Here it is:

For as long as there is a meditator, there can be no meditation.

This is the juncture which demands the bulk of my time with my clients.

Artists are able to intuitively understand this. **For when they create their best art, they become that which they do.**

When you sit for meditation, if you see in your mind's eye a “meditator who is meditating,” you are only going through the motions.

For as long as there is the meditator on the one hand and meditation on the other, there is no union.

And where there is no union, there is no alchemy.

When the meditator becomes the meditation, there is meditation.

When the meditator has disappeared, magic appears.

Can this not be said about the greatest artists?

**The concept of the DOER is a monumental interference.
For he stands between Instinct and its Instinctual
Creation.**

I do not believe in “change.” I work with my clients on
TRANSFORMATION.

Those who change, change back.

Those who TRANSFORM are created anew.

You have seen a caterpillar become a butterfly.

Have you ever seen a butterfly become a caterpillar?

When one's undying allegiance is to a life of constant bliss, meditation will not be an activity for him. It will become his new skin.

He will live within it. It will sheathe him. It will protect him from the slings and arrows of his mind. And the pains of circumstance.

Whatever he does, from the mundane to the complicated will approach perfection.

It will become his new life.

And his new life will be his benediction.

He will walk as a King among men.

For he will finally have become the Master of Himself.

Man Is God



Have you heard of the Remora?

They are a type of fish which attach themselves to a large sea-dwelling host such as a Great White Shark. They ride their hosts throughout the world's great oceans.

It seems that man, who by his nature is mightier than the Great White, seems to have gone the way of the remora.

He has grown accustomed to RIDING rather than Driving.

And because he has become attached to the idea that he must RIDE something, he spends his life awaiting the things which will propel him to where he wishes to go.

It is a lamentable turn of events, is it not?

The being that is made of the magic dust that propels the mighty planets in their orbit . . .

The being that is the consciousness of all that is considered to be life . . .

The being that is blessed with the power to rise above his own great faculty of reason . . .

Sits and waits.

He waits for the next big wave. The next great event. The next great occurrence that will give him the momentum that he seeks.

Professional athletes often speak of Momentum.

There is little harm in it.

But it does beg a question?

What does one do when the momentum is not before him?
What does he do when circumstance is not in his esteemed
favor? What does he do when the stars are still considering
their quarterly alignment?

He waits and he hopes.

And he does so his entire life.

His life becomes an exercise in endless waiting and hoping,
punctuated by an occasional joy.

And as he transitions from childhood to adulthood, he
gradually begins to accept this dreadful deal.

Throughout the expanse of time, man has suffered
tremendously in this wait.

What if there were a different way to live?

What if the horizon was left to itself?

What if a man took matters into his own hands and decided
that he would wait no longer.

What if when he looked into the mirror he saw the visage of the mighty Great White, rather than that of the feeble remora?

How could this happen?

Is it practical?

Is it doable?

It depends.

What does it depend upon?

It depends upon one's attachment to that which he awaits.

It depends upon who a man believes himself to be, as compared to what the future might bring to him.

It depends upon his sensitivity to seeing what is real, rather than being mesmerized by what is not.

But most of all, it depends upon how fed up he is with waiting.

And how visceral is his excitement at the prospect of

abandoning the search.

A man's life is created in the most ingenious of ways. So ingenious, in fact, that it borders upon comedy.

The universe has been created within him. But he is distracted by the one he sees outside of him.

And when he sees his reflection, he looks AT himself, rather than into himself.

Why?

Because the eyes with which he looks are IN SEARCH OF SOMETHING. And they are partial to form.

It is said that when a man achieves Enlightenment, he laughs. For he discovers that he has been searching his whole life to find that which he already possessed.

And when he discovers this, he abandons the search.

And when he abandons the search, life comes searching for him.

You can create your Gods. You can pray for angels.

But a God whom you have never experienced can never be
your God.

The God who has never visited you in the expanse of
daylight is of no use to you.

The God who is yours is the one that hopes to find God.

The source which gives rise to the thirst is the very same
source that quenches it.

Unless you understand that there is nothing to hope for . . .

That there is nothing to come . . .

That what you have now is of infinitely greater value than
what might come tomorrow . . .

You will forever lie in wait.

AND YOUR LIFE WILL PASS YOU BY!

A man is his own God. For there can be no other.

A man creates his own momentum. For that which he finds

elsewhere soon fizzles.

A man's life is not a stream of events. But a mystery to be
lived within the cocoon of a single moment.

And when he finds this moment, he will find sitting quietly
within it his very own GOD.

How Man Finds Overwhelming Peace



In this world, material wealth is common.

Professional glory is common.

Success is common.

But peace is rarer than the rarest of jewels.

Man has found ingenious ways to build skyscrapers that tower over cities. Highways that connect nations. And jets that travel at the speed of sound.

But he has yet to find his way to Peace.

The irony is that virtually everything a man does, he does for Peace. But he calls it by another name.

Whether it is winning, success, riches, fame, or achievement, he does it for self-satisfaction. And he does it for Peace.

And when he doesn't find it, he feels that if he just achieves MORE, he may find it.

It is one of life's many peculiarities that that which is done FOR peace, never works. And that which is done OUT OF peace, never fails.

Those who have achieved greatness in their field of work have articles written in their name.

Those who have found peace have had religions created in their name.

But those who follow the religions rarely find peace. For the man in whose name the religion was created was not in search of creating a religion. He was not in search of a teacher

to follow. Or a god to worship.

For he traveled for much of his life in search of such things,
and when he failed to find them, HE BECAME HIS OWN
GOD.

Shall I tell you why it is so rare?

Shall I tell you when Peace will come to you?

I cannot give you the date. But I can give you the day.

The reason that peace has not come to you is this:

You believe that the world has something to give you.

**You believe that somewhere on that glorious and distant
horizon, there is something that waits for you.**

And for as long as you are mesmerized by this idea, you
will not have Peace.

It is perhaps the case that the universe likes to play games
with us human beings.

You see, the man who always tells the truth is trustworthy.

The man who always tells a lie is equally trustworthy.

But the man who sometimes lies and sometimes tells the truth is Dangerous. For you can never be sure if what he is telling you today is the truth or a lie.

Perhaps the universe is similar to this dangerous man. And perhaps this is her way of weeding out the Seekers from the Non-seekers.

Perhaps this is her way of choosing those few individuals to whom she will whisper her secrets.

A man suffers a series of misfortunes and he feels that all is doomed. But then, he is given a grand stroke of fortune, and he suddenly feels that there is HOPE.

This hope turns his sights toward the horizon, waiting for more fortune to come his way. But instead, he gets tossed about by life. And then he receives another token for his troubles.

Perhaps the token for his troubles is the universe's way of keeping him "hooked." So that he can get slapped again and again.

Five parts doom to one part happiness.

Not a good deal, wouldn't you say?

When will you find peace?

Before I answer this question, please understand that I am not asking you to DO anything. For prescriptions don't work.

All of your efforts will go astray.

You will find peace not by achievement. And not by force.

When it comes, it will arise within you.

And it will come NOT through effort, but
UNDERSTANDING.

When you have seen through the charade . . .

When you see that the world has nothing to offer you . . .

When you see that life is an experience rather than a
progression . . .

You will turn your gaze away from the horizon.

**And when the horizon disappears, Peace will at once
appear.**

So, do not stop what you are doing.

Please, by all means have your fill. Strive and achieve and
claw and grind and experience all that you feel the need to
experience.

And when you have had your fill . . .

When the recurring patterns become clear to you . . .

When you discover the endless circle that you have spent
lifetimes traveling . . .

You will perhaps drop it all.

And when you do, Peace WILL find you.

And when it does, you need not live in a cave or join a
commune or shave your head or don holy attire.

You may continue your life as you always have.

But you will do so as a different person.

The quality of what you experience will drip with nectar.

Your productivity will increase ten fold.

And where you once looked into the horizon, you will now
look four inches in front of you.

Not because you have found it.

But because you have finally understood that there has
never been anything to find.

The Most Glorious Way To Live



From the moment that a man awakes he is assaulted by the
tempest called MIND.

His actions are interfered with. And thus they are pseudo-
actions. And it is for this reason that they are imperfect.

This is why man fumbles his keys. And trips and stumbles
throughout the day.

He second guesses his decisions. He worries about
outcomes. He dissects the responses of others. And laments
over words spoken.

He succumbs to emotions. And feels the weight of guilt.

And he repeats this cycle throughout the entirety of his life.

Man has become accustomed to this meager sort of existence. He has become accustomed to living as half a man. And, as such, the majority of mankind forever remains only a possibility.

Why is this so?

Because HE LIVES AS MIND!

To live as Mind is to live in turmoil.

To live as Mind is to live within a perpetual storm.

And the best that one can hope for is to seek temporary shelter beneath a dilapidated bridge.

Is this the life of Kings?

Is this the sort of life that man was meant to live?

You see, MIND is something made for the BENEFIT OF MAN. But instead, man has become enslaved to MIND.

Enslaved to its patterns, its prejudices, its cravings, and

wanderings.

But as one begins to understand the mind and the intricate web that it weaves, mind becomes subservient to him. It does his bidding. It moves mountains. And parts the heavens.

Mind is that genie in the bottle which must be understood.
For when a man understands it, he captures it.

But understand this, dear friend: **IN ORDER TO
CAPTURE SOMETHING YOU MUST FIRST BE
SEPARATE FROM IT.**

The only way to understand mind . . .

The only way to capture mind . . .

Is from the state of NO-MIND!

You see, life becomes a benediction when each action that we take is the result of volition rather than the result of reaction. When we choose to Act, our actions are infused with power.

When we choose to Speak, our words are infused with wisdom.

This has nothing to do with “behavior modification.” For “behavior” is simply the leaf that twirls on the outermost branch. It is a natural reaction to the root.

Affect the root and you will affect the leaves.

Capture the essence of Mind, and behavior will shine like the Gods.

Man has become so accustomed to his turmoils that he considers them necessary bedfellows.

Athletes are taught that Pressure is inevitable. And they are given methods for “dealing with” pressure.

“Dealing with” pressure is like dealing with pancreatic cancer!

It doesn't work too well. It is like attempting to empty the ocean with a teacup.

PRESSURE IS A DISEASE!

It is a sign that your life is completely consumed by MIND.

But few are those who understand this message.

A man's feelings are symptoms of his state of understanding.

Mind consumes men DAILY. As it has for thousands of years.

Mind is more destructive than a thousand cancers. Yet it is never talked about. And rarely understood.

What is the most glorious way to live?

Your most glorious state of living will come about through a transformation of understanding, rather than behavior.

To understand that almost everything that you do is done in an automatic and unconscious state.

Upon seeing the exquisite human being that was The Buddha, a man asked him, "Sir, are you a God?"

"No," said the Buddha.

"Are you a spirit?"

“No,” said the Buddha.

“Then please tell me, sir. What are you?”

The Buddha replied, “I am awake.”

The bulk of humanity is asleep.

And my work and my devotion is to help them to awaken.

How?

By helping them understand how asleep they have been.

One need not rid oneself of darkness. All that is needed is
to turn on the light.

Awaken, my dear man! For the life that you have ignored
awaits you still.

And once you see it, you will finally begin to LIVE IT.

On Living Without The Burden Of Thoughts



It is the unfortunate state of mankind that it sees everything but experiences nothing.

And because man does not Experience, he does not truly see.

Man “sees” the clouds but does not Experience their shelter.

He “sees” the sun but Experiences only a bit of its warmth.

Perhaps the most tragic consequence of all is that although he has lived with his children for their entire lives, he has not TRULY SEEN them in years.

He has not experienced them.

He has only seen their “Representation.” He has only seen them through the LENS OF THOUGHT.

And to see through the lens of thought is not to have seen at all.

Man knows what it feels like to be in love. It is a transformative feeling which consumes his every hour. It is a benediction. It is a homecoming.

But this is because he EXPERIENCES the love. For if he were just to “see” the love, it would have as much effect upon him as a passing vehicle.

The bulk of humanity has not truly seen anything in decades!

Shall I explain to you the state of a man’s life?

His mind sees objects and situations.

As a result of its inherent duality, his mind takes a stance
either For or Against this object or situation.

It then produces thoughts.

The man REFLEXIVELY responds to these thoughts and
these compose the bulk of his actions.

He lives in a constant state of Like vs Dislike.

Hope vs Despair.

Good vs Bad.

Fortune vs Misfortune.

He has become a reactive creature.

**And the reason he has become a reactive creature is
because HE HAS BECOME HIS MIND.**

Show me the man who lives in The Real World and I will
show an Avatar.

Show me the man who Experiences rather than “sees” and I

will show you A Prince Of Humanity.

Man lives in such a lamentable state that for his entire life he seeks to Do and Undo the thoughts that the mind throws at him.

He is like the person who walks into an invisible cobweb and flails to free himself from it. And this does not last a few seconds. It lasts for his entire life.

Do you wish to know why children have so much energy?

Because they Experience far more than they think.

And this is why they see the little details that adults have overlooked for years.

Understand this, for it is an undeniable truth:

The vast majority of human beings in this world will die without never having known the world.

They will die without ever having TRULY SEEN OR EXPERIENCED their children.

They will die without ever having LIVED.

And as such, they are already dead.

The Indian Sadhus have always said that humanity consists
of the WALKING DEAD.

They could not be more correct.

What is the remedy?

What is the way out?

It begins with the understanding that you live in a constant
state of THOUGHT. You are bombarded by thought for
EVERY SINGLE SECOND OF EVERY SINGLE DAY.

So what? you might ask.

In being bombarded by thought, you LIVE WITHIN THE
THOUGHTS. And because you live within thoughts, you SEE
NOTHING of Reality!

Your hopes are ANXIETIES.

Your failures are SCARS.

Your relationships are CONFLICTS.

And ALL of this is produced by thoughts. And the thought-factory is The Mind.

If you meditate, you are bombarded by even more thoughts.

If you talk to the thoughts, the thoughts talk back.

If you try to change them, they become more cumbersome.

If you try to quiet them, they become more restless.

You have been told to eliminate Negative thoughts and cultivate Positive ones.

This is another of the mind's grand illusion. It will use negative thoughts or positive thoughts. It will do whatever it takes to ensnare you.

It will oblige your beliefs and speak the words that you wish for it to speak so that you will come its way.

It is the world's most sly and ingenious chameleon. And it has captured men since the beginning of time.

So what is the way out?

Whether it is in your life or your work, the **ONLY** way that
you will find peace in your life . . .

The only way to **ENJOY** each moment of your life . . .

The only way to get the most of your talent . . .

The only way to Perfection . . .

IS TO LIVE WITHOUT THOUGHT.

When you need to **THINK**, you will think.

But when you do not, you will **SIMPLY EXPERIENCE**.
Without the burden of thought.

This is the way to **TRUE RELAXATION**. For when you
STOP THINKING, your body and your viscera
DECOMPRESS. And you feel it immediately.

This is the way man was meant to live.

And this is what he must return to if he wishes to **TRULY**
LIVE.

This is not for the faint of heart.

It is only for those who are **INSPIRED** to finally **LIVE**
THEIR LIFE!

When you do this, the quality of your life changes literally
overnight.

You see things differently.

You no longer feel the need to **CORRECT** and **UNDO** and
REPAIR.

What needs to be done gets done **WITHOUT EXTRA**
BAGGAGE.

What needs to be said is said **WITHOUT THE DRAMA.**

You **FREE** yourself from having to constantly change your
“mindset.” For what is mindset but different faces of the same
mind?

The mind now becomes available for your use.

And you no longer oscillate between “happiness” and

“misery,” which are different sides of the very same coin.

For you will have achieved the ULTIMATE STATE known
as BLISS

My dear man,

Whatever you may have achieved . . .

Whatever wealth you might have amassed . . .

If your life is not committed to attaining BLISS . . .

If your allegiance is not to Peace and Equanimity . . .

Of what use is it to have a life that you’ve never really
Lived?

You Haven't Achieved Anything Yet



We sell ourselves short for our entire lives.

We achieve things that lie well within the accepted
achievement patterns of our peers.

We ask for success in small and socially acceptable
increments.

And because of this we live a meager existence.

I have never in my life met, read about, or heard of an

“overachiever.”

The fact that such a word even exists in the vernacular speaks volumes about the way that human beings perceive their lives.

**Whatever you have achieved in your life
is MINUSCULE.**

Whatever success you take pride in is limiting. For the time that you spent being “prideful” could have been spent achieving ten times more.

There is perhaps no greater limiting factor in a man’s life than society and his peers. Because they place socially acceptable limits upon him. They are the nail in his coffin!

This is why there is parity in almost every sport.

He who lives alone. He who trains alone. Is the only one who has a chance of breaking through this wall.

Don’t believe me? Ask Roger Bannister.

I will tell you from the bottom of my heart that when people used to tell me that I was accomplished for having

earned an MD degree, I would gag inside. I would feel completely insulted.

After a while, I tempered my reactions and kept it inside. Because after one particular encounter I realized that by my scoffing at the idea of becoming a physician as some great accomplishment, I was also implying that the physician I was speaking to was also unaccomplished. And this is a personal judgment on myself, rather than a condemnation of anyone else.

Each man must hold true to his own visions for himself.

It is people like Ernest Shackleton, Reinhold Messner, and Bernard Moitessier who serve as my inspiration.

Because they spent their entire lives in a single-minded pursuit. They pursued things that most considered to be beyond the reach of human beings.

They exploited and explored their humanity. While most people are Limited by their humanity.

Each day is a grand opportunity. For self-exploration. And refining our vision.

Whatever vision you have for yourself is TOO SMALL.

You are capable of HAVING IT ALL.

It matters not who you are. I will state categorically that
you haven't achieved anything yet!!!

**Go man . . . To the ends of the earth. To the end of
yourself. To the far reaches beyond the limits of the human
mind!**

Why Human Beings Waste Time



Take any given day. Count the hours that you are awake in that day. Then count how many hours of that day you did something truly valuable.

And how many hours you just plain wasted.

This discourse is not an admonishment against wasting time. It is not a sermon telling you that you should stop wasting time.

It is an objective analysis as to the fundamental reason that

human beings waste time.

We waste literally hundreds of hours per month. We waste at least 8 months out of every year. And we likely waste well more than 70% of our lives.

Why?

In answering that, let's examine those periods of time that are not wasted.

What are those periods of time?

Those are the periods of time in which we are engaged. In which we are inspired. In which we are lost in a particular endeavor. In which we are given to heavy concentration.

This must, by deduction, mean that the vast majority of our lives is spent in an un-inspired and un-engaged state.

I don't think anyone would dispute this.

I'm all about letting a grand question create a grand quest.

Here, then, is the grand question:

For the person who is so inclined, is it possible for him to live a life in which he is engaged or inspired or in concentration at every moment during the day?

The answer that an individual gives to this question will determine the path he wishes to walk. Whether it is the path of time wastage, or the path to unending concentration/inspiration/engagement.

I do not recommend one or the other. It is an open question for you to ask yourself.

The remainder of this discourse, however, applies to the one who is captivated by this idea.

If you are not, you will limit yourself to a purely intellectual analysis as to whether or not it is possible and why or why not. And intellectual discussions don't interest me.

I'm interested only in matters of the heart. I find the brain to be incredibly overrated.

The truth is this: Possibility and impossibility only arise once the question is Sincerely Explored.

What if tomorrow was going to be a day filled with

concentration from one end to the other?

What if there was going to be no down time?

What if inspiration was to consume you in some form or fashion from the moment you awoke until the moment you rested your head on the pillow at night?

What if the concept of boredom suddenly vanished?

What if tomorrow was going to be a day that you had truly never seen before?

The truth, my friend, is that we live on the outskirts of life. We spend our entire lifetime deliberating whether or not we should enter the mysterious void.

To be resolute in entering or resolute in avoiding it would be far better than a life of ambivalence.

What if you decided that you were so captivated by the idea of living this way that you would not give yourself even a moment's reprieve from concentration?

Some will say that this is not possible as it will result in burn out.

They will say it is too difficult.

They will say that the effort is too gargantuan.

To which I will respond, “You are correct, my friend. For if you feel this way, this is precisely how it will be FOR YOU.”

We waste time because it is okay with us to do so.

We waste our lives because we have become accustomed to doing so.

And we have become accustomed to doing so because we have never asked ourselves The Great Question.

And because we have never asked ourselves The Great Question, we live reflexive and automatized lives.

And quite frankly, this is not a life at all.

For Zombies only exude the semblance of life.

The reason that we waste time is because Living Life is very low on our list of priorities.

And Living Routines is very high on the list.

We are addicted to what we must do next. We are addicted to our chores. We are addicted to crossing the T's and tying together loose ends.

Our days are literally nothing more than an event-filled list of To-Do's.

That is literally all there is for us.

And if that is all there is for us, why wouldn't we waste as much time as we possibly can?

Man does not waste that which he considers valuable.

And if he considers his life to be a list of petty, routine wanderings, then it stands perfectly to reason why he would waste it.

In fact, I don't blame him one bit for doing so.

Let me tell you a little secret: **It is because man deems the daily chores and events of his life as MEANINGFUL that he lives a lifeless life.**

If everything had no meaning for him, his life would
become a play.

But “meaning” turns his poetry into a stale prose.

If your achievements meant nothing to you, you would
achieve more.

If your work meant nothing to you, you would never tire.

Meaning is the intellectualization of life.

Rather than fly through the heavens, man is relegated to his
well-appointed room with a nine-foot ceiling.

Man cannot see what is right in front of him.

He cannot feel what is immediately within him.

For he is too preoccupied considering its Meaning.

And it is this preoccupation that costs him all of his time.

And the whole of his life.

You Haven't Spoken A Word In 40 Years



When you insert money into a vending machine, you push
E5 and out pops your snack.

The vending machine is programmed to perform a certain
action in accordance with a certain button.

Are we any different?

How many times have we given the exact same answer to the same problem, hoping that THIS TIME the other person would listen?

How many times have we expressed our opinion about a certain topic if for no other reason than to document our position for the record? A record which exists in our own mind.

Are there times in your life when you have heard yourself speak?

As you read the previous sentence your mind perhaps felt that I was admonishing you. For this is the tone that always accompanies such a statement.

“Listen to yourself!”

“Do you hear yourself?”

I assure you this is not the tone in which I’m asking the question. I’m asking in a most sincere and neutral fashion.

I ask you again. Sincerely. Calmly. Without a shadow of accusation.

Have you ever heard yourself speak?

Have you ever experienced a moment in which you grew tired of your own opinions?

Have you ever gotten bored of watching the same film again and again?

We are no different than vending machines, my friend. Someone pushes E5 and there is a pre-packaged response ready to be released.

It has nothing at all to do with whether it is correct or incorrect. Nothing whatsoever.

It has everything to do with your Experience Of Life.

Let me explain.

What we are essentially saying is this: “For the time that I am here upon this earth, I have taken a vow to carry a billboard around my neck espousing all of my beliefs and opinions. This is the only reason that I’m here.”

Some might read that statement and be quite okay with it.

Another might read it and consider it completely absurd.

As always, I don't wish to sway you one way or the other.

I will simply state a simple yet largely unknown fact:

That we haven't spoken a word in 40 years.

You might ask the immediately obvious, as people always do. The question which is the lowest hanging fruit. And that is perfectly fine, as it provides a doorway to a deeper exploration.

You will say, "What do you mean I haven't spoken? Even if I respond as E5, I'm still speaking."

To which I will respond, "Actually sir/madame, you are not."

It is not YOU who speaks.

It is the ego that speaks.

What do I mean by ego?

Ego is NOT the idea that you are great. Ego is that part of

you which carries the billboard.

Ego is the E5. And the F7. And the C9. And the G4.

As always, it is important to ask, “So what if I don’t speak?
So what if it’s the ego?”

To which my initial response will be, “Sir, I do not wish to
convince you or to motivate you or to recommend that you do
this or that.”

I will in a matter-of-fact fashion explain the consequence of
allowing ego to speak for you. I will not spell doom. Or use
fear tactics. Or employ reverse psychology. Or try to bring
you in through the backdoor.

I will state things just as they are. Without hope in my eyes.
Or anticipation in my heart.

When you allow ego to speak for you, you do not
experience life.

When you allow the Non-Ego to speak the words, you
experience life.

When you allow ego to speak for you, you are alive only in

a clinical sense.

When you allow the Non-Ego to speak for you, you experience the words as they are spoken. And they reach the bloodstream of the one you are speaking to.

There is some fantastic detection system within every human being which can sense authenticity.

Having said this, however, if the reason that you wish to allow the Non-Ego to speak is to have others listen to you, you will become bound by their opinions about your words.

In every part of our lives, we do not live.

And living is not, by the way, “recommended” over non-living.

It is just that the experience of living feels like nectar. And the experience of non-living results in a chase for more.

And the reason that it results in a chase for more is because non-living produces within us a sense of never ending dissatisfaction.

This is the ultimate reason.

It is not that “if you wish to experience life through speech,
you had better do this.”

It is that the things that you have been searching for your
entire life have resided in the Experience of the Non-Ego.

And you have been searching within the world of Ego.

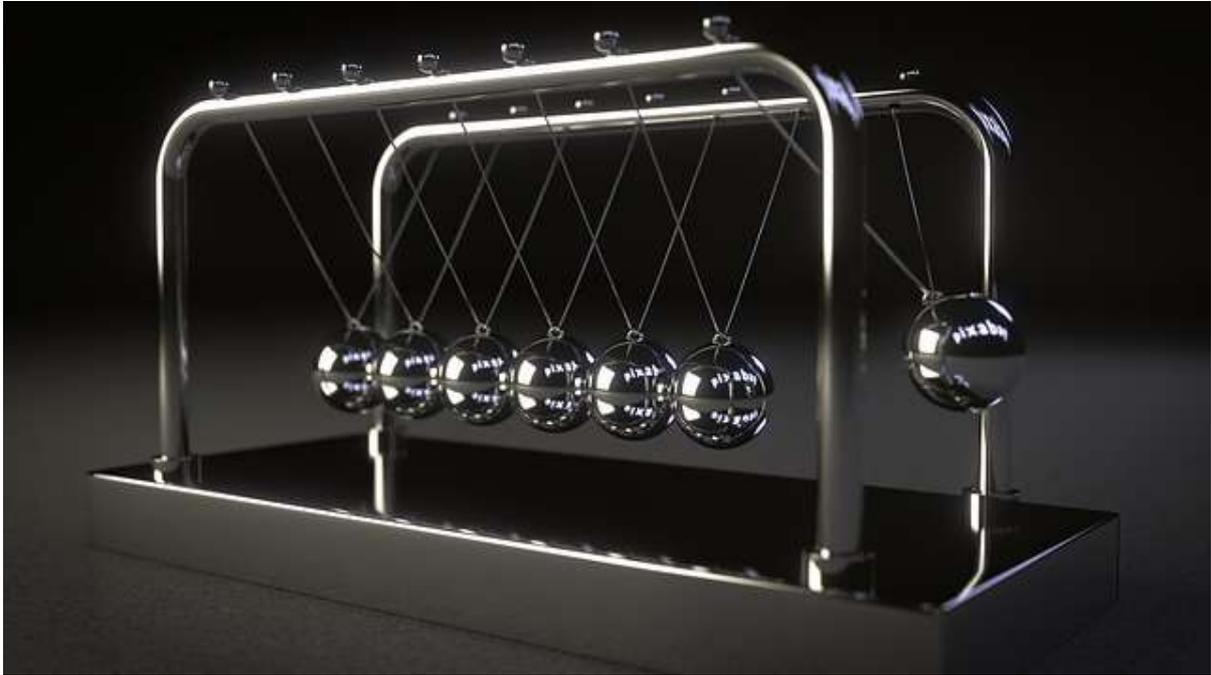
I am, in the end, Not telling you to “try it and see.”

I’m not asking you to take a test drive in the world of Non-
Ego.

I am saying that it is Only in the world of Non-Ego that the
experience of life lives.

And perhaps it is so by design.

The Force That Controls Our Lives



On July 5, 1687 in the **Philosophiæ Naturalis Principia Mathematica**, Isaac Newton stated that unless acted upon by another force, an object at rest will remain at rest and an object in motion will remain in motion . . . **FOREVER!**

This was his principle of Inertia.

Little did he know that this force is actually more applicable to human beings than it is to inanimate objects.

For it is, on a practical basis, the single most relevant force in the life of a human being.

A human being will keep doing the same thing for
DECADES.

His behaviors, his outlook, his opinions, his preferences, his
actions tend to remain the same for his entire lifetime.

It has been said that human beings don't change. And this is
largely a true statement.

Why is this so?

Because of the principle of inertia.

But the principle of inertia applies to inanimate objects, you
say.

And you are correct. A steel ball has no volition of its own.
It is wholly adherent to a physical law.

But a human being is not.

And yet he lives his entire life . . . as a steel ball.

I'm not speaking of the POTENTIAL of a human being. I
am speaking of what ACTUALLY IS THE CASE.

Naturally, the POTENTIAL of a human being is to be free of the principle of inertia. But this is not the way it actually is.

And because of our own inertias, we become forever susceptible to the very same consequences of those inertias.

We suffer the SAME turmoils year after year. We experience the SAME conflicts year after year. We make the SAME “new year’s resolutions” year after year. We make the SAME promises to ourselves year after year. We have the SAME hopes year after year. We suffer from the SAME pattern of ailments year after year.

UNLESS WE ARE ACTED UPON BY ANOTHER
FORCE.

The truth is that most of us are indeed acted upon by another force. Our family attempts to point out our flaws. Life attempts to teach us lessons. But few of us listen. At least for the first few hundred times!

(We are such inefficient creatures, I tell you.)

For some, the force which acts upon them finally works to break their inertia.

For most it does not.

Why?

It is quite simple.

The inertia-breaking force works ONLY when it is more powerful than the inertia itself.

When it is, the inertia is broken.

When it is not, the inertia continues.

What is this force which breaks the inertia in human beings?

It is not about the name of the force. It is actually about the QUALITY of the force.

Essentially, it is any force that makes an impact upon the human heart. And whose impact upon the heart surpasses the impact of the prevailing inertia.

Such a force may be a profound realization. A sudden empathy. An element of self-disgust. Or an overwhelming desire.

For some it may even be that they become Cognizant of the fact that they are living a passive life under the force of Inertia.

Now comes the million dollar question.

What precisely is this “inertia” that enslaves a human being to an endlessly repetitive life?

Can you define it?

Can you place your finger upon it?

If you look directly at it, you will see.

I assure you this is not a rhetorical question.

There is a DEFINITE answer.

I am not the teacher who is asking you to give the answer to some idle question that has nothing to do with the reality of life (hint: school . . . a complete mockery of human beings).

While it is true that I have discovered the answer, this answer does not get you a grade.

It has the power of transforming your life.

In the end, it is not I who will benefit from your answer. It is you who will sit with it. And examine it. And grab yourself by the soles of your feet and flip yourself onto your head so that you may see your life in a way that you have perhaps never before seen it.

There is a part of me which hesitates from withholding the answer from you. But if I just tell it to you, your mind will devour it as a morsel of “knowledge” and it will be gone forever.

What is this inertia that controls the life of a human being?

What is this inertia that has been controlling YOUR life since the day you were born?

For Eric, Lila, Eliza, and Barbra: The Actor's Holy Grail



I received a video from Eric Roberts, which I've watched with wholehearted fascination. The video is posted on the site of Mr. Rob Moss. (<https://www.youtube.com/watch?v=gWDJkmGgYAg>)

This 11 minute and 34 second video is richly fertile for an exploration that is at the heart of all performers.

It beautifully sets the stage for an authentic, unflinching, uncompromising, and incisive exploration of the concept of Nervousness/Anxiety/Fear/Stage Fright.

Truth be told, human beings live on a bed of anxiety. It permeates their every waking moment. And the vast majority of our time here on earth is not spent living. It is spent in a reactive state to the seedlings of anxiety which pervade our daily existence.

In this discourse, we will shine a focused light upon this concept of Stage Fright.

I will use the contents of this wonderful video to guide this exploration.

Eliza Roberts, actress and casting director, interviews Lila Garrett, veteran actress, director, producer, and writer.

PICASSO'S GREEN INDIGESTION

At the 3:00 minute mark, Lila quotes Picasso as saying, “When I go into a forest, I get green indigestion. And I paint a green picture.” And then she states that as an actor “You’re not able to get green indigestion because the audience is in the way.” She then says, “Instead of concentrating on getting into

the character, you're concentrating on conveying an impression to an audience."

As I've said before, this is wonderfully fertile ground.

Let us tackle the first statement: "You're not able to get green indigestion because the audience is in the way."

As we learned from Shakespeare's plays, nothing is at seems. It is the same with human beings and our problems.

Let us examine what truly is "in the way."

If an actor were to look at the audience while standing in the back of the room, he or she wouldn't consider the audience to be "in the way" of anything.

But if the actor looks at the audience while standing on the stage, the audience suddenly appears to be "in the way" of green indigestion, as Lila (and Picasso) calls it.

Why does the actor feel that the audience is in the way when she is standing on stage?

Because when the actor looks out into the audience, it is not the audience that she sees. If all she saw was the audience, I

assure you with complete certainty that there would no
problem.

**Human beings do not see through their anatomic eyes.
They see through the Mind's Eye.**

**And when the actor stands on stage and looks out into
the audience, what she sees through her Mind's Eye is
Herself Standing On Stage Looking At The Audience.**

I must make this clear: The actor does not see the audience.
The actor, through her mind's eye, Sees Herself Standing On
Stage Looking At The Audience.

She sees herself, she sees the audience, and she feels the
gravity of the situation.

**Hear this: If The Actor Sees Only Herself, there is no
problem. If The Actor Sees Only The Audience, there is no
problem. But if the actor sees Both Herself And The
Audience, conflict is born.**

It is the same with Life. If there is only You, there is no
problem. For then you will see yourself in everyone. If there
is only the Other, there is no problem. For then you will see
the other as yourself. But if there is You And The Other,

conflict is Inevitable.

There are no tips and tricks. I despise tips and tricks. For they are borne of the attempt to “fix” rather than the attempt to Understand.

If you look at this problem from the standpoint of “dealing with stage fright” or “lessening stage fright” you will Never be free of it.

But if you address it from the FUNDAMENTAL SOURCE of the stage fright, you can be free of it Forever.

I will highlight a few Truths about this situation:

If the actor has any hope of gaining something from the audience, such problems will arise.

If the actor uses his craft as a vehicle for accomplishment, such problems will arise.

Why is this so?

In studying the sinews of the human mind and watching its ways in various creative outlets, from professional sports to the creative arts to the world of high-powered executiveship,

I've learned that the mind is debilitated in the face of
Sincerity.

It is fundamentally a Gain-Seeking Machine.

And if the human being buys into this idea of Gain, he or
she suffers enormously.

You will notice at the 4:56 minute-mark and the 7:00
minute-mark in the video that Lila explains how she is
unaffected by nervousness when she gives a speech. Because
she feels “passionately” about the topic.

This stands perfectly to reason.

Why?

Because when she is PASSIONATE, she is not hoping or
wishing for anything from the audience.

Expressed in a more fundamental way, she has Given
Herself To Her Passion. And because she has given herself to
her passion, it is her passion that speaks, rather than her.

And because she herself is not doing the speaking, there is
no one for the stage fright to attack.

Here is the most fundamental truth: **As long as there is no YOU in the act, there is no one there who can suffer.**

HOW MUCH IS ON THE LINE

At the 9:47 minute-mark, Eliza makes a seminal statement. She says, “It has a lot to do with how much you feel is on the line.”

I will never forget the question that my then 8-year old son asked me on the golf course. I remember to this day that we were standing in the fairway of the third hole and as we were returning to our golf cart, he said, “Daddy, where does fear come from?”

I was struck by the question. Completely out of the blue. Such a deep question from an 8-year-old child.

And I clearly remember my taunting mind saying to me, “Okay, *Siddha Performance*. Okay, Mr. Authority On The Human Mind. This is how you make your money. Now you’re on the spot. Let’s see what you got.”

I did not allow myself to “think” of the answer. For if I allowed myself to “think” I would just go in circles. So I

allowed Instinct to speak for me.

And this is what instinct said, “Wherever there is a perceived consequence, there is fear.”

I’m not sure I used the word “perceived,” but that was the essence of what I said.

And this is what Eliza says in this video: “It has a lot to do with how much you feel is on the line.”

So here is the million dollar question. And it is this million dollar question that will spawn The Great Question we have been constructing.

The million dollar question is: What Exactly Is On The Line?

Some will say that it is Ego. The harsh words of others. Embarrassment. Humiliation. Failure.

On the face of it, this is what it Seems.

But this is not The Real Truth. We must go deeper, my friend.

For there are those in the world who can be humiliated and laugh along with the crowd. They are simply not affected by it. So it cannot be JUST the humiliation.

Then what is it? What is it that's "ON THE LINE?"

What is on the line is The Relationship We Will Have With Ourselves In The Aftermath.

What affects us human beings is NOT the insult. It's the After-Taste.

The reason that we feel angry if we are called an Idiot is Not because we are called an Idiot. It is because somewhere within ourselves we, for a fraction of a second, begin to Actually Entertain The Possibility That We Are In Fact An Idiot.

This, then, produces an inner conflict. This is the After-Taste. And it is this after-taste that produces the reaction that ensues.

Therefore, if the actor's relationship with him or herself was solid and sound, then there would no longer be Anything On The Line.

And this is the actor's holy grail.

*As I often say, Unless You Come To The Game Full, You
Will Leave Empty-Handed.*

Thus, The Great Question(s) are “What is standing between me and Completeness?” “What is keeping me from feeling Whole?”

For once a person feels Whole, he or she is Impenetrable by the slings and arrows of circumstance.

And in this state, she can create her art with wild abandon, and total Freedom.

On Barbra Streisand And Mark Ruffalo

I learned for the first time that Barbra Streisand quit appearing on stage because of stage fright. The truth is, that stage fright is simply a manifestation of us not seeing our life for what it truly is. Rather we see through the lens of the mind. But if we learn to ask the Incisive questions about the source of our frailties, we see that they are all frailties of the mind, rather than frailties of ourselves.

I also learned that Mark Ruffalo asks for repeated takes on

account of nervousness. But this is not just Mark's problem. Frankly it's something that afflicts us all. And if he were to submit himself wholly to the concept of No-Mind, his repeated takes would vanish in a relatively short period of time.

Final Truths

The human being is at his best when he lives Outside the world of thought. And inside the world of Instinct.

“The zone” is NOT the state in which the mind is calm. It is the state in which The Mind has disappeared. **It is a state of No-Mind.** Ask Tom Cruise, as he briefly encounters it in his Momentous and Inspirational Film, **The Last Samurai** (Clips on No-Mind: <http://bit.ly/1AN8car> and <http://bit.ly/1L83kje>). I've always wanted to ask Tom and Ken how precisely that movie changed their lives. It's simply a masterpiece!

(I am incredibly inspired by the sensibilities of director, Ed Zwick. He is a MASTER. And one day I'd love to shake his hand tell him personally).

When YOU disappear, your Masterpiece will appear.

On a final note, I must say that what transpires at the 10:24

mark of this video literally brought tears to my eyes. What a beautiful thing for a mother to say to her daughter. As a father, it hits home.

I Sincerely Thank Eric for sending me this video. It is one that needs to be watched by every actor/performer in the world.

It is yet another example of the fact there are no “work-related” problems. There are only Human problems.

And it highlights the great truth that *All Conflict Is Self-Conflict.*

The Sincere Quest



There are a few human beings who are searching for something.

And they are searching in a way which leaves no stone unturned.

They will look underneath every bush. They will uproot every tree. They will climb over the peak of every mountain. They will swim to the depths of the South China Sea.

They will look between the creases of the clouds. They will

separate each strand of the oak. They will empty shallow puddles. They will look into the space between raindrops.

Whatever they must do.

Whatever it takes.

Life will have been a complete failure if they do not find it.

Yes, a complete failure.

No excuses. No “I tried.” No “it wasn’t meant to be.” No nothing!

There are some things in their life for which they will allow themselves to be bailed out by these silly excuses.

But for This One Thing, they will allow no excuses at all.

This is their Sincere Quest.

They Must Must Must find it.

I will state candidly that such a quest makes life worth living.

Why?

Because it is a search for Truth.

Precisely which Truth one is searching for is irrelevant.

When a man is on a search for Truth, his journey becomes
Sincere.

When a man is on a search for Truth, his journey becomes
Uncompromising.

He stands alone.

And it is his Sincerity that allows him to stand alone.

Everything has a Truth.

But rare is the thing that has a Truth-Seeker.

I suppose it could be said that a person who is on a Sincere
Quest is in love with Truth.

He is in love with cracking the code.

He sits in the middle of a thousand puzzle pieces and he

says, “There has to be a way!”

He hears everyone around him say, “Well, that’s just the way it is.”

And he thinks to himself, “That’s just not good enough. I’ve got to figure it out.”

He goes on his uncompromising journey. And when he finds something, he writes it in his notebook.

He then questions whether this was a one-time occurrence. Or whether it is consistent. So he tests it. And then he watches. He tests it again. And he watches.

What does he watch?

This is the point at which one’s Sincerity is truly tested.

For the thing that he must watch will not sit well with “the scientist.”

And the most significant and transformative Truths in a man’s life are verified not by his brain.

They are verified by his Heart.

What must he watch?

He must watch How He Feels.

You can fool your brain. You can fool your mind.

But you cannot fool your heart.

For it was made with a slightly different substance.

The heart was made in a different room. Apart from all the
organs.

It is Foolproof.

It will tell you precisely. And it will tell you immediately.

And the Sincere Seeker will monitor it. And he will use IT
as his north star.

You see, the heart is Uncompromising.

And the Sincere Seeker is uncompromising as well.

And this union is mandatory for any Sincere Quest.

When you find yourself feeling a different way, without trying to feel it, you will be on the journey to Truth.

When you find that feelings that you have always had, no longer come to you, without you trying to keep them at bay, you will be on the journey to Truth.

There are not many people like this in the world, my friend.

And this is why the world is filled with so much Noise.

For falsehoods are always Noisy.

While Truth is a silent satisfaction that needs not the companionship of words.

Whatever you are seeking . . .

IF you are seeking it Sincerely . . .

Has a Truth.

Can the code to your journey be cracked?

If I have to convince you that it CAN, then you are not a

truth seeker.

The one who seeks Truth will not rest until he does . . .

He will refuse to die until he does . . .

Whether it can or can't is of no consequence.

He simply has no choice but to crack it.

If you ask him to stop, he will look at you with soft and innocent eyes and say, "My dear friend. I thank you for your compassion. But you see, I am a woefully desperate man. It is not in my hands to stop my quest. For if I do I will live the whole of my life hollow and defeated. There is simply no choice in the matter. There is no turning back."

The Earth is wide, my friend.

The oceans are deep.

And the sky is vast.

We have but a handful of years left in our lives.

And we must be prepared to cover every inch of soil, sea,

and sky.

And when the Universe sees the look of Sincerity in our
eyes . . .

It will surrender to us All of its Truths.

For it will realize that it, too, has no choice.

Golf

The Holy Grail Of The Professional Hockey Player



The professional hockey player comes to the NHL with fresh eyes.

He arrives with a vigor to “perform.” The need to impress.
And the hope to “fit in.”

He comes armed with his talent. And filled with the visions of the great players that played before him. He buys into the “tradition.” He assimilates the colors. And learns the lingo.

As time goes on, he begins to feel disenchanting. Not only with slumps in his play, or the lack of ice time, or the wins and losses.

But with the way in which he has begun to view the game. And how he feels dwarfed by it.

He knows within himself that he has so much more to offer. He feels that night after night he has only utilized a fraction of his talent.

His coaches tell him that he needs to work on drills. His sport psychologists tell him that he needs to work on the “mental game.” His trainer tells him that he needs to bulk up. Others tell him he needs to become more part of the play. Or to see the ice better. Or win the race to loose pucks. Or be more aggressive in the corners.

And while all of this may, to some degree, be true. Fundamentally, it is false.

Why?

Because these are Not the real issues.

The real issue is to understand that the problem lies not in

the part of himself that is the “Player.”

How could it?

The Player in him is what got him to where he is. The Player in him is what allowed him to get noticed. The Player in him is what allowed him to get drafted.

What I’ve discovered is that whether it is the PGA TOUR, the MLS, or the NHL, players do not lose their talent. And they do not lose their “playership.”

They lose their humanity.

While their talent may be the engine behind their play, their greatest fuel is their Freedom.

While their grit may inform their tenacity, their power lies in Equanimity.

While their strong-headedness might occasionally serve them well in disputes with coaches and management, their true strength comes from cultivating the ability to remain untouched by it.

The world of professional athletics sees only the player.

And why wouldn't it? For this is all it knows.

In all honesty, the seasoned and successful players who become part of the hockey staff know deep inside that they have felt a loss of their own humanity along the way. And they even sense it in the players.

But they remain quiet.

Why?

You know why. Because such things are taboo, especially in a "man's sport" such as professional hockey.

Understand, dear friend, that Nature did not make hockey players. It made human beings.

Human beings, however, see only the hockey player. And they ignore the Nature within them.

I have no affinity for "mental work," or "psychologizing," or "sports psychology." For such things are also aimed squarely at the "player." They are just another drill. More of the same . . .

What the professional hockey player must understand is

that, fundamentally, he is not a player. He is a human being.
His heart does not beat according to plus-minus statistics. It
beats to sustain his life.

A life that was meant, first and foremost, to live.

On the ice with freedom.

And off the ice with bliss.

And if he has neither, of what use is his work or his life?

While he certainly need not proclaim to those around him
that he is addressing his humanity, he must do so in private.

Not only because it will benefit his game, or because it will
help him to Greatness . . .

But because he will suffocate if he does not.

All the Stanley Cups in the world cannot take away a man's
pain. Nor make him whole.

His greatest achievement will not be to hold Lord Stanley's
Cup.

**His greatest achievement will be to become the Lord of
his own life!**

And understand this clearly: **When a man becomes the
Lord of his own life, greatness follows him to the ends of
the earth.**

He becomes Great on the ice.

And blissful off of it.

Through a practice such as **Atmamun**:

— he plays with Freedom. How long has it been since he
has felt True Freedom?

— squabbles with coaches and management do not affect
him

— and because he has achieved the state of No-Mind, he
sees with Clarity.

His play becomes a Masterpiece.

And his life becomes a Benediction.

This, my friend, is the professional hockey player's holy
grail.

It is what he has been searching for his entire life.

All that remains is the courage to finally pursue it.

The Mental Performance Secret That No Professional Tennis Player Has Ever Been Told



Here at *Siddha Performance*, my work with professional athletes is to Not to help them “improve.” It is to help them become Legends.

In order to become a Legend . . .

In order to become supernatural in one’s craft . . .

Is it not necessary to understanding things in a way that no one else understands them?

Is it not obligatory to know things that other athletes simply don't know?

There are many many fundamental truths that most people in the world will die never having known. And it is also this way for the professional athlete.

Let me begin by saying this: The mystics/saints/yogis/ascetics who have lived for centuries in the Himalayan peaks of my native India have discovered things that no other civilization in the world has ever come across.

Through their intensive study of the human mind and the human being, they found ways to see into the future, to control the rate at which their heart beats, to control their digestion, and to make the laws of nature submit to their will.

I have spent more than half of my life in an in depth study of these inspirational human beings. And I have applied this knowledge to the world of Performance in professional sports.

Siddha Performance is the only company of its kind in the world.

I have done over 1500 experiments into the nature of the

mind, learning, perception, and performance, as it relates to having the professional athlete 1) Develop supernatural skill, and 2) Access it upon demand

I do not reveal my secrets to just anyone. I choose my professional clients very carefully. Whether it is a PGA Tour player, a professional hockey player, a soccer player, a CEO, or anyone else.

And this discourse is meant for the eyes and ears of not just any Professional Tennis Player. **But for the one who wishes to do what has never before been done in his sport.**

I will now reveal to you a secret that no one has ever told you.

The greatest obstacle of the professional tennis player . . .

The single biggest element of her sport that saps her talent . . .

Is The Opponent.

As is routinely the case here at *Siddha Performance*, I do not mean what you think I mean.

The opponent herself is Not your obstacle. It is your
Perception of the opponent.

Still, I do not mean what you think I mean.

It is not that you must Think of your opponent in a certain
way . . .

It is not that you must view yourself as being better than
her . . .

It has nothing to do with any of that.

What limits your talent in the game situation . . .

What causes internal conflict within you . . .

What causes you to feel undue pressure and anxiety before
and during the match . . .

Is the idea that the opponent even exists!

You have spent Years building a storehouse of skill. You
have developed it and honed it and fortified it. But of what
use is having a mountain of skill if you can Access only a
fraction of it? Of what use is having a million dollars in the

bank, if you can withdraw only 150,000 dollars?

Understand this: **Your Skill means something Only if you can access all of it upon demand.**

No “sports psychology” techniques will do this for you. For sports psychology is all about self-talk, positive thinking, and cosmetic ticks and trips to help you “perform better.”

Sports psychology does not make an athlete go into the history books. Sports psychology does not make an athlete a Legend. It just helps incrementally boost an athlete’s performance. And even then, the spell wears off. For all “tricks and tips” have a shelf life.

To have the full sum of your skill available to you, you must reach a state which allows you to gain access to that skill. It is the state which makes Legends.

It is the state of No-Mind.

Not a calm mind. Not a controlled mind. Not a happy mind.

No-Mind.

When you were playing your very best, you just reacted to

the shot without the interference of thought. Your limbs and your body seemed to react with an intelligence all their own. You didn't run, you glided across the court like a God. Things happened all by themselves. It was effortless.

This is known as the zone. But no one has ever told you what the zone truly is. No one ever told me either.

For years, I read books and articles about the zone, but they all said the same thing. Not one single book or article I ever came across told me what the zone actually was.

So I conducted my own experiments. I did my own internal investigations. And years later, I discovered it.

Shall I reveal it to you?

The zone is not a state in which the mind is calm. The zone is a state in which the mind disappears!

Only once one knows what the zone actually is can they train themselves to access it.

Thus, I invented No-Mind Training.

There are many ways to help an athlete get into this state.

And this is what my work with professional athletes is based upon.

And in professional tennis, No-Mind begins with abandoning the idea of an opponent.

Yes, the opponent is standing on the other side of the court. Yes, she is really there. But if you view the opponent as a player who is going to be your trigger to enter the No-Mind state, the opponent disappears.

And when the opponent disappears, your talent instantaneously becomes fully available to you. You instantly become Free. And freedom is the holy grail of the professional athlete.

It doesn't matter if the opponent is the number one ranked tennis player in the world. **You play with complete Freedom. You play the play that needs to be played at the exact moment that it needs to be played.**

And this happens all by itself.

As I said, *Siddha Performance* is for the select few. For in my experience, it is only the select few who truly want to know The Truth behind things. And thus, it is only the select

few who become Legends.

I reveal the full depth of my work to very few people.

But for that rare person who truly wishes to know and to
explore these great and subtle truths . . .

For that rare one who is enthralled by the idea of becoming
a Legend . . .

I will reserve a space in my consultancy for him or her.

The Secret To Becoming World Number 1 On The LPGA



Men and women differ significantly in their fundamental nature.

Over the years I've noticed a real difference between working with my female professional athletes as opposed to my male professional athletes.

Women are more spiritually robust and naturally sensitive than males. And sensitivity is a beautiful thing. For it allows

one to perceive in a way that a less sensitive person cannot.

What is unfortunate is that in the culture of professional sports, the women try to be more like the men.

But what they must realize is that what they have is in many ways superior to the men. Their attunement to their surroundings and the gracefulness of spirit allows them to perceive and react to the game in a manner that is much more intuitive and entirely in line with The Game.

I've always said that golfers young and old are much better served to watch and learn from players on the LPGA Tour than players on the PGA Tour.

For testosterone emboldens the mind and blinds the vision.

The game of golf is not played with brawn, or even with
“brains.”

It is best played with Sensitivity. Nuance. And delicate perception.

The sensitivity to be aware of how one feels before a certain shot, and allowing this to guide her actions.

The attunement to the subtleties of the lie, the proprioception of the ground beneath one's feet, the caress of the slight breath of wind across the cheek, and the commitment to the grace of the action rather than to the distance of the ball flight.

The Truth Is . . .

Any LPGA player can become World Numer 1.

Then why have they not already?

There are several reasons for this:

1. Their training is devoted entirely to Technique

The reason that a given LPGA player has not risen to the top of the rankings is NOT because of her “technique.”

It is because of her lack of Mastery.

Why has she not achieved Mastery?

Because this is not the manner in which she has been taught to train.

You see, training for Mastery, as did the legendary warriors of the Ancient East, is a fundamentally different form of training than that which is prevalent on the PGA and LPGA Tours.

IF a player learns the path toward Mastery, she Owns the skills that she has developed. Rather than “hoping” that they will be available to her on tournament day.

2. They have not learned the True Nature of the Mind

The manner in which professional athletes are taught to train in these modern times is counter to the way in which the human body functions.

This is why it is the norm for a professional golfer to “have it” one day and “not have it” the next. This is an inevitable consequence of the manner in which they have been taught to train and practice. (read: **The Secret Of True Practice** <http://bit.ly/secrettruepractice>)

Technique-based practice is a wholly Limited form of practice. This type of practice is based upon incremental improvement.

It is not based upon Ownership.

And understand this: Unless you Own something, it will not be available to you when you need it.

The type of practice that will allow you to Own your skill is Perception-Based practice.

Perception-based practice takes much less time than technique-based practice.

It is based upon Intuition rather than “thought.” And “thinking” is the doom of any serious golfer.

When you have played your best it was not because you “thought well or positively.” It was because your thought was Limited.

And you played by intuition.

You played with No-Mind.

“No-Mind” or “mushin” was introduced to the world in the Tom Cruise movie, **The Last Samurai** (clips <http://bit.ly/1AN8car>, <http://bit.ly/1L83kje>)

And this is the basis of my teaching to all of my

professional athletes, whether it is the PGA Tour, professional hockey, swimming, Olympics, and so on.

3. Putting

The manner in which putting is being taught to professional golfers robs them of their Freedom on tournament greens.

I must repeat this: The manner in which putting is being taught to professional golfers robs them of their Freedom on tournament greens.

Putting is Not a function of “stroke.” Stroke comprises 5% of putting, At Most.

I have spent years developing a putting and short game training system based entirely upon Perception, Instinct, and No-Mind.

And the golfers typically begin to sink putts from all distances.

Not because their “stroke mechanics” are so good. But because they have attained Ownership and Freedom.

**The quickest way to climb the world rankings is to
make more putts.**

**And the quickest way to make more putts is to learn a
system that is based upon what you already own: Your
Perception.**

At LPGA tournaments around the world, I see promising
players who hold within the palm of their hand the potential to
become World No. 1, but whose training methods stand in
their way.

But then there are those rare few who, in the quiet of their
rooms, begin to truly question why they have not become the
top female professional golfer in the world. And in so doing,
they open their eyes and their mind to this new possibility that
they had never before allowed themselves the freedom to
Truly Consider.

These are the rare few for whom my work is created.

For these are the rare few who understand that what has
been stopping them all along is not “skill acquisition,” but
skill Access.

You may spend decades creating a wealth of skill. But of

what use is it to you if you can only access a fraction of it?

If you devoted your time and your training to Accessing this skill, it would be yours On Demand.

And World Number 1 would become an increasingly real possibility for you.

The Secrets Of Putting: What Professional Golfers Have Never Been Told



Recently I was on the putting green helping a professional golfer who was about to earn his PGA Tour Card.

He said he was having trouble judging the speed of the greens. He had been playing on bentgrass for the preceding months and now that he was playing on Champions bermuda, it had him out of sorts.

He was wondering if it had anything to do with his stroke.

I assured him that it did not. And I hadn't even looked at his stroke.

We worked together for 45 minutes. On the most basic levels of Perception Training.

The following day he shot 5-under par and secured his PGA Tour card.

It had nothing to do with his stroke.

Then what was it?

I'll tell you, but you may not like my answer. For it was the same answer I had given to a coach on the 11th green of his club.

He watched his golfing student and I watched HIM. The student hit an uphill putt and missed it short and right.

This coach said, "You jabbed the putt. You see, you have to take a longer backswing and move it through."

I said to the coach, "He didn't miss that putt because of his

stroke.”

“What do you mean, Doc? Didn’t you see how he jabbed at it?”

“You are correct. He did indeed jab at it. But the origin of the jab was not in the stroke. And thus the remedy will not be found there, either.”

“So if it’s not the stroke, then what is it?”

A central theme in Shakespeare’s plays was that things are not as they seem.

A central theme in what I call *Siddha Training* is, “**The seed of the action does not lie within the action. The seed of the action lies within The Intention.**”

And the Intention lies within The Perception.

It is this Perception where the bulk of training must occur.

And it is this perception that is largely ignored in the training of professional golfers.

The professional golfer has been taught to give his

allegiance to the “Action,” and the “movement.”

Please understand this: That which is most obvious . . .

The thing that most readily catches your eye . . .

Is a distraction. A phantom. A mirage.

The secret lies in that which is concealed. And this is captured only by the discerning eye.

Back to the coach’s question . . .

I said to him, “He simply didn’t understand how uphill this putt was. And he didn’t hit any putts on the practice green. The club at which he plays has greens that are faster than your greens. Therefore, he hit a putt that was meant for a slightly uphill slope on a faster green. Give him ten minutes to Calibrate himself to your green. And his ‘stroke’ will fall naturally into place without the requirement of any technical fixes.”

I got a call from him last week, “Doc, would you work with my son?”

I’ve studied putting for many years. From the perspective

of **Mind and Perception.**

I will now divulge a few of my findings.

If we examine the touring pros (which are my primary source of study), putting is the rate-limiting step to their success in a given week.

It is the X-factor in any given tournament.

If the putter “gets hot” they often finish well or win.

If the putter “stays cold” they struggle.

As a result, putting on any given week is an element of their game that they file under the category of Hope.

The great putters rest in a foundation of confidence. And this is due to the fact that putting is quite literally a part of them. It is at their core.

The fundamental reason that a given professional golfer does not become the world’s greatest putter is this:

**He does not devote himself to a path whose aim is
Putting Mastery.**

“Practicing” for improvement is a fundamentally different path than Training For MASTERY.

As a result, they spend their time on cosmetic putting drills and high speed camera putting labs which focus on the *action and never the intention*.

Practice which addresses the action, but never The Perception.

The human body responds to what it Perceives. Modify the perception and you will modify the action.

Read that again.

There are many drills for this.

But prior to the drills, the golfer must become clear on what he hopes to achieve.

If he simply wants to improve incrementally, he will always be limited.

If he wants to Master the skill, he becomes Unlimited.

I will reveal a few conclusions from my putting research which has led me to devise the **Siddha Putting Training System for Mastery for Professional Golfers:**

Putting is an Internal action. It is the most Meditative part of golf. Very similar to the martial arts. And thus one must Train In This Way. Bruce Lee could have been a truly great putter.

Professional Golfers putt Toward what they don't fear and Away From what they do fear. And because they don't realize this, they become inconsistent.

They putt according to what they Perceive to be there. But often what they think is there is not really there.

They rely upon the momentum that a made putt gives them. And this is fine if one is making putts in a given tournament. But this very reliance upon momentum hampers them on the day that they aren't making putts. To live and die by momentum is the reason for Streakiness in putting. It is about Mastery, rather than momentum.

They try to be Perfect and this sabotages their efforts.

They put their faith in putting "technique" and this limits

their progress and stirs their frustration. Please understand this: **Putting is the Least technique-based and Most Internal, Meditative, and Perception-based aspect of golf.**

They train their putting the way they train their golf swing. I will leave the golf swing alone in this particular discourse. But suffice to say that Hogan was right when he said, “Putting is a different game.” It certainly is, and it must be Trained Differently.

There are many more details that affect the putting of professional golfers. And they will likely never be told about them. Because the world of golf instruction is enamored by the most readily visible element known as “technique,” and by the shiny digital readouts of electronic machines.

But the most glorious machine ever created was the human body and its supernatural powers of Perception. And it is being completely ignored.

Understand this: **If you Master the Internal and Perceptive side of putting, you will become a Putting Master.**

This is the road to the greatest heights.

Siddha Secret: The First Step To Becoming World Number One



Let's talk about the top athletes in any professional sport.

Why some make it. Why others make it, then lose it, then re-emerge. Why some make it, lose it, and never return. And why some never make it to the absolute top.

I'm not going to talk about the "habits of the top athletes."

That doesn't do anything for anyone.

Let's talk about the things that none of the advisors talk about. Let's talk about the things that are the Real and Practical Truth. Shall we?

You've heard the stats about less than 1% of athletes making it to the pros. Most have resigned themselves to the fact that this is "normal" and the way "it simply must be," but there are several logical reasons for why this the case. But that is a discourse for another time.

I'm speaking of those athletes who are already Seasoned Professional Athletes.

Greater than 97% of these seasoned professionals will never achieve even 60% of what their talent allows for.

I'm talking about the skill and the ability that the athlete has already attained.

The skill and the ability that he or she has spent years amassing.

I'm talking about what is really and truly and practically and, in every sense of the word, Rightfully His.

Of that which is Rightfully His, he will only use perhaps

30% of it in his career.

Don't believe me?

Let's look at the PGA Tour as an example. Look at the players on the PGA Tour who, even by the admission of their peers, are far more talented than their achievements demonstrate. And have been this way for years.

Why is this so?

No cliches. Let's discuss this honestly and truthfully.

I will begin with a central tenet that exists amongst those who are struggling to get to the top.

These players are playing a clever little con game with themselves.

No, these are not con men. They are decent, hard-working people. It is just that they are stuck.

And they don't like the FEELING of being Stuck. So they play this little game with themselves in order to liberate themselves from this annoying feeling.

What is this game?

The game is played in the following manner: Do Anything and Everything On The Outside in order to SHOW YOURSELF that you are doing everything you can to become successful.

That is the game.

If one were to put words to the game, it would look like this: The player would look at himself in the mirror and say:

“Dear Self, look how badly I want to make it. Look at how hard I’m practicing. Look at how far I’m willing to travel. Look at how I’m doing my fitness regimen. Look at how much I’m listening to my coach and trying to implement his technical instructions.”

And the truth behind the truth is the true crux of the matter.

What is the truth behind the truth?

The truth behind the truth comes from asking WHY is this athlete saying these things to himself in the mirror.

I will state with conviction that the person who is WORLD

NUMBER ONE did not look into his mirror and say these things in the recent time before he became world number one.

Why did he not?

Because he wasn't playing a game.

The reason that the struggling player is playing this game with himself is because he is at least 50% certain that he is NOT going to reach his goal.

This thought kills him inside.

And if he just sat idle, his mind would tell him that the reason he didn't make it was because he didn't work hard enough.

So in order to take away the mind's accusation, he "works hard" and gets a technical coach and spends his time on fitness and technique and doing all the things that look good on the outside. So that the mind cannot say to him that he didn't do everything possible to get to where he wants to go.

I said earlier that he is at least 50% certain that he is NOT going to reach his goal. What about the other 50%?

This is where the second biggest problem lies:

He relegates the other 50% to HOPE.

I may be one of the only ones in this field who feels this way, but I've said it before and I'll say it again. HOPE HAS NO PLACE IN ANY SERIOUS PLAN FOR LIFE OR SUCCESS!

Almost every tour player begins every tournament HOPING that he will have a good putting day, and this HOPE robs them of having a TRUE PLAN for putting, and this is why the majority of tour players are streaky and inconsistent putters.

In each new event, this player HOPES that this event will be the one. That this will be his day. But it rarely, if ever, is.

You see, success doesn't come from hope. It never has.

So what is this athlete to do?

Three things:

First, he must decide IF he is serious about wanting to reach his goal. NOT, "it would be nice if". NOT, "I hope I do."

Dead Serious.

Second, he must understand that if whatever tact he has been taking has not worked by now, it's probably the wrong approach. There is nothing wrong with taking the wrong approach. This is how we learn. But there is something very wrong continuing on the road if it hasn't worked in a relatively short period of time. This wastes precious time. And the older the athlete is, the less time he has to waste. Wasting a week is like wasting 6 months.

Third and most important, he must commit himself to a system of Inner Exploration that gets to the True Reasons behind his failures.

This system must be intense. It must ask the right questions. It must explore the mind. It must turn over Every Stone that stands in his way.

It must be organized.

It must be logical.

It must be systematic.

It must question the nature of the specific thoughts that he experiences.

It must outline the pattern of intention.

These are a few of the things that this System must do.

This is the road map to this athlete's Success.

Once he has this system before him, he emerges a new man.

And with this brand new man comes an ocean of new possibility.

It is then that his goals become a True and Living Reality.

The Greatest Prize Of The Professional Golfer



For the one who knows professional athletes from the innocent comfort of their living rooms, the television hasn't the bandwidth to tell their real story.

The lens of the camera is not of sufficient depth to capture what lies behind the scenes.

What began as an innocent journey often turns into a suffocating destination.

As a child, the pro golfer was once the person who watched his future profession from the blissful ignorance of his living room.

But after he arrives and settles into the role, he realizes that everything is not quite “as advertised.”

The game is not the problem. The game has never been the problem.

For the game is forever innocent. Club, ball, and hole. The game demands nothing of anyone. It is as it is.

But out of this world of clubs, balls, and holes, the mind creates Havoc.

It takes that which is innocent and transforms it into that which is Material.

With a snap of a finger, the mind turns Innocence into “Significance.”

And it is this very juncture that turns a professional golfer’s life into a before and an after.

It is this event that marks the edge of the precipice, from which only a fortunate few return.

I will not blame the media. Or the fans. Or the sponsors. Or the corporate structure.

Then who is to blame for the plight of the professional athlete?

It is not a question of blame.

It is a matter of Understanding.

An understanding of the plight.

What is the plight?

The professional golfer's greatest plight is a Loss Of His Freedom.

It matters not how much he or she has won. It matters not how much money he has earned. Or to what degree he has created a "name" for himself.

In all of my dealings with professional athletes I have never met a single one who sat and admired his trophies each night.

But I have met many who have suffered the turmoil of their
existence.

I have met many who feel victimized by their own success.

How does this happen?

I will tell you.

The athlete chased a dream which once was innocent. But
the dream became polluted along the way.

And we have now arrived at a place in which innocence has
been lost, ego is king, and inner turmoil is the order of the
day.

So what is one to do?

How can the golfer regain his freedom?

How can he return to the fairways a Free Man?

How can he restore the innocence that marked the glory of
his childhood?

I have never been one to give “prescriptions.” And if I gave you a road map it would be so complex and winding that you would not know which way was up.

In case you haven’t noticed, life is non-linear, my friend. Straight lines exist only within the fantastical world of textbooks and self-help magazines.

To ask for a solution is to retreat from the problem.

But with those whom I have had the pleasure of working with, I have never allowed them Retreat from the problem.

Why?

Because life is arranged in a particular way. It creates problems so that we may investigate them. And by way of a SINCERE investigation, the solution is naturally revealed.

Ingenious, is it not?

Life has ingeniously placed the Solution within the deepest depths of the problem.

Let us, then, examine the problem, shall we?

What is the cause of the loss of freedom of professional athletes?

The need to please people.

The need to “win.”

The need to live up to their potential.

The need to have “nice things” said about them.

The need to “perform” well.

The need to “keep their jobs.”

The need to enhance their “reputation.”

The need to make more money.

The need to “help their team.”

The need to be liked by their peers.

The need to please the coaches.

The need to be a “role model.”

The need to “say the right things.”

The need to “fill the role.”

The need to be a “team player.”

The need to project the image of a good person and a good “family man.”

The need to ingratiate the sponsors . . . shall I continue?

God himself would have trouble fulfilling all of these needs.

These “needs” can accomplish only one thing: Inner Turmoil.

The Truth is this: Unless you become whole within yourself, you are no good to any other.

Unless you embark upon a journey which restores Peace within you, you will forever be a part of the Frenzy that surrounds you.

Only a complete human being can truly Live.

Why is this so?

Because neither the life which you inhabit or the world in which you live has the power to fill the chasm that exists within you.

Paste this line on every mirror in your house. And along the entire side of your SUV.

I will repeat it for you:

Neither the life which you inhabit or the world in which you live has the power to fill the chasm that exists within you.

And thus there is only one way to Peace.

There is only one way to Freedom.

It lies not in the accolades or the achievements. For if it did, your life would already be filled with boundless freedom and complete tranquility. Would it not?

The journey that you must forge is a journey toward the human being within you that exists INDEPENDENTLY of the circus that surrounds you.

For the only one who can enjoy the circus is the one who is
Separate From It.

In creating this journey, you will be creating the journey
toward the Ultimate Prize.

The one that has eluded you for all of these years.

The one that came so naturally to you in your childhood
that it was not viewed as a prize at all.

The one that you have been searching for WITHIN the
accolades you have achieved.

The prize of your own personal **FREEDOM**.

Can anything in your wide and complex life be more
important than this?

The Training From Which Legends Are Born



I am a child of the Ancient East.

I was born in a land of Mystics.

In a culture that revered knowledge.

And gave the whole of its life to the exploration of the
subtleties and the nuances of what a human being
fundamentally is.

This land bore great warriors immortalized by time.

As did China, Korea, Taiwan, and Japan.

The sadhus, saints, and yogi's of India . . .

The legendary martial artists of the Asian continent . . .

The mighty Samurai of ancient Japan . . .

If you return to these countries today, you will discover an
unfortunate commercialization of ideals.

Worth that was once measured by the purity of their ideals,
is now measured within the smoke of industrial growth.

Modernity has led to a plastic existence.

And it has seeped into the hearts of men.

A man lives his life in accordance with that which he holds
most dear. And shame on him if he compromises this.

The ancients trained in a manner fundamentally removed
from that which is called "modern training."

And one need not focus upon the methodologies or the regimens.

Rather, it would be far more wise to examine the impetus, the principle, and the uncompromising intentions which bore those regimens and methodologies.

The training was approached not only from the standpoint of skill refinement, but of understanding the mind and exploring the fundamental nature of the human being.

The foundation of the activity being pursued was not one of “science,” but of Understanding. And what was being forged was not only a precision of skill but of spirit.

In many ways, the activity was simply an excuse to learn about one’s mind and the manner by which to transcend it.

And through this approach, Legends Were Born.

Professional golfers, by virtue of the culture to which they have been continually exposed, look upon the game as a Wishing Well.

**For them, the field is a place of procurement rather
than play.**

And this is why they simmer in psychological turmoil.

When they train, they train in hopes of getting a better
“performance.”

A few less putts . . .

A few more fairways . . .

If one trains in this way . . .

If one plays in this way . . .

He will play as a hollow man.

The training of Legends is not so much a function of
methodology as it is a function of INTENT.

This training does not begin on the field. It begins within
the player’s mind.

It matters not what he sees in front of him. It matters what
he sees Within him.

It is not “how good” he seeks to become. But WHAT he seeks to become.

And from the exploration and the cultivation of this vision,
his training will be born.

Many of today’s professtional golfers are not at Peace.

And should you be of the opinion that an athlete is “supposed to work himself ragged in order to keep up with his competition”, you provide a beautiful living example of the anxiety of which I speak.

Please understand this:

**NO GREAT WORK CAN BE DONE WITHOUT A
FOUNDATION OF EQUANIMITY.**

A work or training or practice borne of anxiety and competition will by its very definition be incomplete.

It amounts to little more than lip-syncing.

In Ed Zwick’s superb film, *The Last Samurai*, an American captain is held captive by the samurai in a small village in the

Japanese countryside.

As he watches the way in which the samurai live and train, he says something which is at the essence of the training of Legends.

I have on many an occasion returned to this single clip as it resonates so completely with the full sum of my sensibilities.

And it is also the sentiment that forms the very foundation of my work with clients. And my very own children.

The captain says:

“From the moment they wake, they devote themselves to the perfection of whatever they pursue . . . I have never seen such discipline.”

Here is the clip from this wonderful film: <https://www.youtube.com/watch?v=LMT1r9IpIf0>

Show me a man whose life and whose training is a Living Embodiment of this phrase . . .

And I will show you a Legend.

To Be Completely Immune To Pressure



They say that history is written by those who have hanged heroes.

It has become fashionable to state that nervousness is “good for you.” The advisers who preach this come armed with charts, graphs, and statistics showing “the studies” that have shown that “anxiety improves performance.”

This is just another example of man justifying his ills.

For even if it were, by some miracle, true that anxiety

improved performance, would you choose to live in anxiety?

Or would you choose to live in Freedom?

Most don't consider such matters because they feel that tension, pressure, and fear are a foregone conclusion in the world of professional sports. They feel that their only hope is to find a way to "deal with them."

They hire sports psychologists to give them "mental skills" in an attempt to "handle" such things.

Is this not a lamentable state of affairs?

There was once a bird who, when it was young, soared through the heavens. But as it grew older, it lost the ability to fly. As a result, it sought the advice of advisers who began to convince it that, in the end, a steady jog was all that was possible for it.

To compromise your freedom is to compromise your humanity.

And to compromise your humanity is to compromise your life.

I will not spend my time attempting to convince you that it is indeed possible to play with Unbridled Freedom.

I will not attempt to convince you that that it is possible to never feel an ounce of fear or pressure, no matter the size or “significance” of the tournament that you play.

I have ZERO interest in attempting to convince people. For I have found that man has become accustomed to his miseries. And he will fight to the death in order to keep them intact.

For, somewhere inside him, he fears who he might become without them.

In my quiet little corner of the world, I have built a modest hut. And this hut has no tonic to massage your ills. It has no anesthetic to numb you of your lifelong pains.

My hut is completely empty. It is full of silence. So much silence, in fact, that it echoes your thoughts. And when you hear them, you come face to face with that which you have avoided for most of your adult life.

My hut is for the man or woman who seeks to embark upon a journey. A journey where few men in history have gone. But those who had the courage to embark upon it became

Legends. They became the Gods Of Their Own Lives.

My hut is an opportunity. It is an invitation for the True Seeker. That Rare Professional Golfer whose heart longs to play in Complete Freedom.

If I were to list a page of prescriptions for how to attain Freedom, it would fall upon deaf ears. For unless the door is fully open, nothing is allowed to enter. Unless there is a sincere desire, nothing happens.

It is this way with all things, is it not?

What if I were to admit to the world what it wants to hear?

What if I were to say that it is IMPOSSIBLE to play in major championships with COMPLETE FREEDOM?

I would seek that one rare soul who comes to my door, bruised and battered by life, and looks me in the eye and says, “I don’t care if you say that it is impossible. I simply cannot live this way, sir. My mind has troubled me my entire life. And I will devote the rest of my days on this earth in order to Find My Freedom. For if I do not, I might as well die right now!”

I will put my arm around this rare soul and I will say, “I have been waiting for you, my dear friend. At last you have arrived. You are the reason I do what I do. Come inside and let’s chart the path to Complete Freedom.”

The Tour Player's Path To Freedom



Every professional golfer is in search of Freedom.

Every. Single. One.

But it is the rare one who recognizes this. For most of them believe they are searching for “performance.”

Would you like to here a secret? It might shake the ground you stand on, but here it is: *If your allegiance is to “performance,” you will have it only occasionally.*

If you chase performance, you are chasing a ghost. You are chasing something that fundamentally does not exist. And it is for this very reason that your search moves in a circle rather than a straight line.

I fully recognize that the name of my company is called *Siddha Performance*. But if I called it *Siddha Freedom* would you know what I was talking about?

Are you willing to have an honest conversation? No jargon. No monikers. No acronyms.

No “one shot at a time” or “stay in the present” or “control what I can control” or “focus on the process.”

No nonsense. No academia. No terminology. No belief systems. No thought patterns.

Just plain English.

An honest conversation between two human beings.

I promise that I will not use big words in order to make myself sound intelligent.

I promise that I will not insult you by implying that I am

privity to some academic truth granted to me by some ivory tower institution and that only I hold this secret and that you do not.

I promise that I will speak to you like a human being in need of truth and honesty, rather than as an illness in need of treatment.

I promise that I will not tell you that this is “a process,” and that it will take “years of commitment” on your part.

For I don't believe in “The Process.” I believe in Results!
Yes you can tell your coach that I said that!

I don't believe in long, drawn-out procedures. I believe in Brevity.

Shall we proceed?

To view performance as a goal to be achieved is to walk an uphill path that never levels out. For performance is NOT a goal.

Performance is a Side Effect.

The performance that is contingent upon pre-shot routines

and acronyms and self-talk and positive thinking is a performance that will have a shelf life. And it is also a performance that you will Never Own. Ever!

The greatest actors in the world do not act. They become. And when they become, everything that emanates from them is sheathed within the natural skin of the character that they have become.

Your greatest performance will come when you stop attempting to “perform.”

Your greatest performance will come when you stop trying to “play the part.”

Your greatest performance will come when you stop trying to “manufacture.”

Please do not take my word for it. Just turn your head and look back into your past.

When you were in that blissful state on the golf course and everything naturally occurred. When your thoughts were replaced by instinct. When your effort dissolved into effortlessness. When you could simply do no wrong.

On that day you were NOT playing the part. **On that day,
you had Become.**

You had become the situation.

You had become the club.

You had become the shot.

And because of your sincerity . . .

Because you had given yourself to your craft . . .

**Nature bestowed upon you the sort of clarity and
certainty that you remembered for the rest of your life.**

Isn't this what you wish to get back to?

Isn't this where your greatness will come from?

How can you get back to this? How can you return to this
glory?

**By making your ultimate and undying allegiance to
Freedom, rather than to “performance.”**

Do I have techniques for returning to Freedom?

I do.

In fact, I can return you to Freedom in a single afternoon.

But if I threw this technique upon you without the requisite understanding, it would arrive in the form of a Prescription.

And, like all prescriptions, it would soon wither.

Top players play with only a fraction of their great talent.

They live under the constant weight of pressure.

They swim within the waters of anticipation.

How can freedom possibly arise under these conditions?

From today until the end of your life, do you not wish to have available to you all of the skill that you have cultivated?

Do you not wish to live in Freedom?

For it is the **ONLY WAY** to your greatness. As your own personal history has proven.

Great truths do not come to a man by accident. They are bestowed upon him when nature considers him worthy.

They are bestowed upon him when nature becomes convinced that his search is sincere.

For freedom is not a commodity for the meek. It is a reward for the courageous.

The only questions that remain are this:

When you play on the grand stage, are you completely free?

And if you are not, do you truly wish to be?

Do You Wish To Own The Masters



They say The Masters does not begin until the back nine on
Sunday.

But for you it has already begun.

It has been stirring within you for years.

Has it not?

The visions of The Green Jacket are imprinted within your mind's eye. The words of the media, the talk of the hallowed grounds, the iterations of historical achievement settling like dew upon the tightly mown fairways of Augusta National . . .

This is the painting that your mind has created. And this is the canvas you will soon be entering.

I will now pose to you a sincere question: Do you wish to Own THE MASTERS?

As language is a most imprecise tool for communication, I will define the meaning behind my words. For we human beings do not communicate according to the dictionary definition of words. We apply to them our own brand of meaning. And thus a sort of calibration must take place in order for you and I to communicate effectively.

What do I mean by “Own?”

By Owning The Masters, do I mean winning the tournament every year that you play it?

Do I mean making a birdie on every hole?

No.

Not because I believe it can't be done. It can be done. It can be done not by the man who seeks the right answers, but by the one who asks the right questions.

But I am not interested in such mundane affairs. I am not interested in "how you do" I am interested in "how you feel when you do it."

I must say, it is an interesting phenomenon. The professional athletes with whom I work have garnered the sort of accolades that children spend the bulk of their childhood dreaming about. They have experienced the grandest stage. They have been showered by the accolades reserved for only the rarest few in the world.

And when I consult with them, I do not discuss with them the manner by which to win even more Gold Medals or more tournaments. And as they read this now, they will corroborate that I am speaking the truth.

Why do I do this?

Because I have realized that performance is an entirely fleeting affair. Particularly in a delicate and fickle game such as golf.

I am far more interested in helping the human being get to a place in which the player feels that he or she can create an Absolute Masterpiece when they step onto their field of play.

For when one has reached this place, he or she will always function from a place of supreme sincerity. **And the player's talent will do the sort of magnificent work that the player himself cannot.**

The greatest performances arise when you least expect them. For they do not arise from the mind, but from the state of No-Mind. And the more one seeks to coax them from their hiding place, the more steadfast is their retreat.

You often see that transparent floater in the field of your peripheral vision. But if you attempt to look directly at it, it disappears.

It is the same with performance. For the greatest performance is the anti-performance. The greatest performance is the one that arises Through you. It is not the one that comes From you.

The Ownership of The Masters or The PGA or The Open tournaments has nothing to do with the tournament itself. **It has everything to do with the man who plays them.**

By Ownership, I mean an Ownership of Your Self.

What do I mean by Owning Your Self?

A player who owns himself will treat everything that he does as if it is at arm's length from him. As a result, he will not be ensnared by it.

He will give himself to the nature of his work. And he will also be able to extract himself from it.

He will keep his allegiance firmly tied to the creation of a glorious work of art. And he will not use it as a tool to better another.

He may play Against an opponent. But the tranquility inside of him will make him feel as if he is playing With him.

He will have the wisdom to be Non-Competitive. For he will have finally realized that in Competing, one of his eyes will forever be on the other. And if both of his eyes are not squarely affixed to his OWN craft, he will seldom create a masterpiece.

He will look back upon the rare and beautiful performances

of his career. And when he does he will understand that they did not come from a place of effort, but effortlessness. **He will see that they came NOT from a competitive eye upon the field, but from an eye which saw only the world that lay immediately in front of him.**

And from this cocooned existence, and the serenity it afforded him, his masterpiece bloomed for the world to see.

As you drive down Magnolia Lane, turn off your radio, my friend. For the media's words are not meant for your ears.

Let the history go. Are you going there to learn about the history? Or are you going there to make your own?

Are you going to Augusta National to be a pawn on the stage? Or to become the stage?

Understand this, dear friend. The ground that you play upon is not the one prepared by Augusta National. The ground you play upon is the one you have always avoided. That ground is
YOU.

**The game that you play Within You will always trump
the game played By You.**

Are there techniques for doing this?

Yes.

Is there a manner by which to Transcend your mind, so that your talent can do all the work for you?

Yes.

But techniques are always a distant second to understanding.

As long as there is You on the one hand and The Masters on the other, it will be an adversarial affair.

It is precisely the union of You and It that will allow you to play.

The mind searches for the Desire For Reward within the hearts of men, and this is the ground that is most fertile for its germination.

But I've learned to allow it to seek me out. It plays like a dog in my vicinity. And the more that my allegiance is to Equanimity and Freedom, the less it seeks me out.

My dear and talented friend, allow not The Green Jacket to become your Straight-Jacket.

For regardless of the outcome, your greatest sense of peace will come from the way you felt whilst playing the tournament than what you achieve from it.

The rewards tarnish and wither. But when a sense of peace follows a man wherever he goes, there is no greater reward.

And when he finds this reward within himself, he is no longer enslaved to the one outside himself.

Ben Hogan's Real Secret: The One You've Never Heard



There is a small group of books that have been staples in my home for a very long time. These are the books that I have read to my boys as bedtime stories for many years.

Two of these books are:

Afternoons With Mr. Hogan by Jody Vasquez

The Pro by Butch Harmon

The secret's you've heard about Ben Hogan are decoys. For they were related to his technique.

But technique does not make the man. And it certainly was not what made this man. This man of infinite possibility who has been my greatest source of inspiration within the world of golf.

That which is cosmetic is always what the eyes are drawn to. That which is on the surface is what is most readily visible.

But the wise man realizes that these are but a shadow of something more significant. He realizes that the tip of the iceberg is not the iceberg itself.

I will not delve into what is, for me, the mundane. The statistics and the number of wins do not hold my heart.

What drives me to write about Hogan was the man behind the clothing. What compels me to pen this discourse is the man behind the swing.

The world can chase the "swing secrets" and devour the frayed and yellowed pages of Life Magazine, but I have no

wish to go there. For it is Fool's Gold. The same way that any truth that a man does not discover for himself is always Fool's Gold

So from this moment forward I will not mention the glory of his pivot, or his anti-hook philosophy, or the strength of his left hand, or his in-turned right knee, or his desire for having three right hands through the impact zone.

I will say only one thing about "the swing" and then I will retreat immediately into the inspiration that spawned this discourse.

I will leave the instructors and the Hogan aficionados to quarrel about the planes and the positions of Hogan's swing.

I will only say this: The man's swing was the epitome of Freedom. Like the water which flows from the peaks of the Himalayan snows.

Ben Hogan's real truth was the one that Life Magazine failed to ask. And the one that instructors seem to overlook. For a man's eyes see only those things which support his inner sensibilities. And they conveniently ignore that which is counter to them.

Hogan was a man obsessed by his vision. Some say it was because of his “apparent” witnessing of his father’s suicide.

Others say that this is untrue.

I do not know what happened in the early days of his life. But I can say that what lay within him is the very same thing that lies within every True Artist.

A Sincere Search.

And it was precisely the sincerity of his search that colored the methodologies that he pursued.

He would practice in a certain wind direction. With a certain club. On a certain day. In a certain way.

He would not move to the next club in his bag until he felt he had mastered the first.

His practice was not purely utilitarian. It was an expression of joy. It was an exploration of his craft. It was a searching for his own truth.

It was a digging out his own personal dirt. The dirt that lay at his own feet. For he recognized that the truths are found only through digging.

Ben Hogan understood that the truths that lay within the pages of a magazine, or the ones that are handed down as tips and instructions are not truths at all. For nature is too wise to reveal her glory to the man who is not sufficiently qualified to receive them.

Please understand, my friends, that Art Lies Not Within The Details Of Technique.

Art is fundamentally, techniqueless!

What makes art ART . . .

What makes a man an Artist . . .

Is an availability to his instinct.

What makes a man an Artist is his refusal to construct a path.

What makes a man an Artist is his abandonment of structure.

What makes a man an Artist is the surrendering of himself to his craft until he disappears into it.

For until a man disappears into his art, he will not be privy
to its truths.

For the young generation of professional golfers, I will not
burden you with a prescription. I will not ask you to mimic or
to compare or to take heed.

I will tell you that Ben Hogan is someone that you should
never try to be.

Why?

Because that which you attempt to mimic will be based
upon the sight of the eyes. But the eyes have fooled
generations of men. And they will fool you as well.

And if Ben Hogan were alive, I promise you this: He would
never try to be like you.

For as long as you believe that technique is your holy grail,
your search will never end.

For as long as you believe that it is the intermediary of
“swing” that stands between you and your greatness, you will
NEVER be great!

Your greatness lies NOT in your ability to acquire, but to
LET GO.

To let go of all that you have heard. And all that you have
been promised.

How will you know what to let go of and what to keep?

**Let go of all that is not a part of you. And never let go of
that which is.**

Your instincts. Your subtle and subjective truths. Your
natural talents. Your reproducibilities.

The source of your greatness lies not in the soundness of
your technique.

It lies in the sincerity of your quest.

The Reason For Parity On The PGA Tour_ The Story That's Never Been Told



Golf is a game that has a herd of Dancing Wild Elephants standing in formation within a crowded cubicle, yet no one seems to speak about them.

This is a testament to how human beings can become so accustomed to a repeated situation, that it goes completely unnoticed.

Every week, the world witnesses a four-day tournament on the PGA Tour and every week the winner wins by one or two strokes. Everyone is gathered within conversations about the lost stroke here or the gained stroke there. But no one speaks about what is the most remarkable thing of all.

Enter the wild elephants: **How is it possible that a tournament with human beings of different sizes, different strengths, and different abilities ends up being so closely bunched by virtue of score, week-in and week-out?**

If a martian were to descend upon earth and notice this phenomenon, it would stand out to him like a Dancing Wild Elephant.

But because it happens so often, it has become a part of the furniture, so to speak. Thus, it goes unnoticed.

But it shouldn't! For this is truly a remarkable feat!

Naturally, if you pose this question to anyone, they will give you quick and easy answers that are the natural result of someone who is attempting to justify the status quo. Human beings have become very good at giving reasons for That Which Already Exists.

If such Parity did not exist, the very same people would provide simple and easy explanations for why Parity doesn't exist.

They say that William Shakespeare was very good at telling stories provided that someone else (human or history) had told them first. And human beings are no different.

But I don't accept such answers. For this sort of Parity is simply otherworldly. So otherworldly, in fact, that it approaches fantasy.

Let's discuss the genesis and the pathophysiology of such a feat.

If you place a living cell within a Petri dish that contains growth factors and chemicals that promote bone formation, that cell becomes Bone.

If you place that very same living cell within a Petri dish that contains chemicals that promote cartilage formation, that cell becomes Cartilage.

Athletes in any professional sport live within the Petri dish unique to their sport. And thus their results are similar.

I will begin with this statement: **From the standpoint of Performance, the biggest mistake that PGA Tour Players make is imbibing the views of fellow tour players.**

If a PGA Tour Player befriends another player, and they vow NEVER to speak about golf, there should not be a problem.

If a PGA Tour Player makes a pact with other players that they will NEVER practice together, there should not be a problem.

If a PGA Tour Player makes a binding agreement with other players that they will NEVER share the same coach, there should not be a problem.

But such a thing is not likely to happen.

But it COULD happen.

Who could it happen for?

It could happen for the one who becomes increasingly inquisitive and awestruck by the almost mystical phenomenon that we have come to know as Parity.

It could happen for the one who realizes that PERHAPS he could free himself from the glue that binds his future to those around him.

Players look in the wrong place when it comes to Separating Themselves from the prevailing standard.

They begin sifting through the minutiae of “performance statistics.”

They begin to measure, document, and record slight variations in their “backswings.”

They begin to adjust “pre-shot routines.”

They begin to tinker with all manner of “self-talk” and positive “aphorisms.”

This is not a genuine recipe to vault one into greatness. It is simply an accepted form of Schizophrenia.

When human beings live in a similar environment, they see things THE SAME WAY.

When they breathe the same air, they imbibe the same levels of oxygen, nitrogen, and argon.

And because they are brothers in every sense of the
word . . .

Because they are organisms that live within an identical
milieu . . .

Their behaviors in the form of Performance are, necessarily,
similar.

They say that when a husband and a wife live together for
many years, they eventually begin to resemble one another.

It is the same way with virtually all human beings.

Understand this: **Professional athletes in a given sport do
not really Play Against one another. They GROW
TOWARD one another.**

They do not really “Beat” one another. They BECOME one
another.

So the one who is wise will consider the reasons for such
remarkable parity. He will explore the composition of the
water that he drinks and the air that he breathes.

He will ask himself if it is possible that for all of these years he has been running a race with glue attached to the soles of his feet.

In exploring it, he will come to his own conclusions as to what sort of magnets pull him toward the center of the bell curve and what things Within Him have the power to pull him toward its Glorious Outer Limits.

For it is precisely within the thin air of the outer limits that the Impossible becomes the Possible.

The Wisdom Of Sean O’Hair



I learned about this press interview with Sean O’Hair from the twitter feed of Mr. Brandel Chamblee. Brandel is a gifted golf commentator on The Golf Channel, whose sensibilities toward the athlete are as compelling as his incisive analysis of the game.

The Interview can be found here: (<http://www.golfchannel.com/media/ohair-i-got-my-own-way/>)

The day after I learned about this interview, I received an email from Neil Manchip who also sent me the very same interview (perhaps Neil knows that I have not watched television in so long and, thus, allowed me to become a beneficiary of his good graces). Neil is the National Coach of the Golfing Union Of Ireland and also happens to be the coach of Touring Pro, Shane Lowry.

I must commend both Brandel and Neil on having a keen sensibility for their having highlighted this most wonderful and refreshing interview with Sean O’Hair.

If only all interviews with professional athletes could be like this.

Firstly, Sean has echoed (almost recited, in fact) the sentiments I wrote about almost a year ago to the exact day, in my discourse titled, **The Return Home** (<http://bit.ly/1EphYwV>).

Sean begins with a statement about why he feels that he lost his way: ” . . . listening to too many people who think they know what they’re talking about and they don’t.”

There is a glimmering mirage that catches the eye of many a professional athlete, regardless of their sport. But

particularly so in the delicate game that is professional golf.

The glimmering mirage is this: There is someone out there who knows something that I don't. And IF I am able to but learn this nugget of wisdom from that person, it will catapult my game.

The problem with the person who this player is seeking is that he is a man with a red shirt standing in a crowd of people who are all wearing the same red shirt. In order to find the Correct Red-Shirted Man, he must go through every man in the crowd.

And by the time he finds who he thinks to be the Correct Red-Shirted Man . . .

By the time he finds the man who he has sought to give him THE Answer . . .

He has forgotten the question.

And an answer without a question can never find a home in the heart of the one who seeks it.

There is an enormous addiction to "Information." Schools believe that students are best educated when filled with

“Information.” Athletes believe that their improvement depends upon receiving the correct “Information.” Coaches believe that the players’ greatest hope is in imbibing the right “Information.”

The biggest problem with doing the wrong thing is that it sometimes works.

Let us speak truthfully. Is it possible to improve based upon a Piece of Information or even a little Tip?

It most certainly is.

The problem, however, is that one cannot build his foundation upon such things. A brick house is nothing without mortar. And tips and information are simply fragments of bricks. While they may provide shelter for a night, they have not the strength to build a home.

The player who believes that a coach will cure his ills will one day lose his way.

The player whose game is patched together by shards of information will undoubtedly suffer collapse.

The player who places the sanctity of his game into the

hands of another, will pay the price of dependency
confounded by confusion.

The player who fails to understand that HE IS the game that
he plays will never find the one that has forever searched For
HIM.

One may adorn his house with any ornaments that he
wishes. But if the ornaments Become the house, he will
forever live in the cold.

So what is one to do?

Though I loathe giving prescriptions, I will offer a few
words of guidance.

**That which you do well is your holy grail. Compromise
THAT, and you're finished!**

Make the sharp ax sharper.

If your only choice is to listen to No One or Every One, the
former will serve you better in the long run.

The player who is wise will treat the coach as a guest,
rather than a roommate.

98.5% of the information that infuses any sport is Complete

@#%\$@&@*@#!!!!

And the 1.5% that remains is negotiable.

The athlete who becomes a legend does so either with the AID of a coach or DESPITE a coach. But Never BECAUSE of a coach!

The man who gives you ANY Blueprint is true in what he says. What he doesn't tell you is that it is a blueprint FOR FAILURE! If you are looking for a blueprint, you don't deserve to be an athlete. For you will NEVER be a legend.

And if you will never be a legend, why the heck are you playing at all?

Sean says near the end of his interview that he wanted to rediscover what it was like to play when he was a kid.

Isn't it interesting? Kids are being taught to play like adult professionals. And adult professionals want to play like kids.

Sean said he went into the trees and began shaping shots. Essentially, he began searching for himself amidst the silence

of the trees. In order to regain the feel that words cannot
express.

In order to go to a place within himself that he could never
find outside of himself.

In order to regain what he had lost.

What every athlete risks losing, and most never find.

What I talk about perhaps more than other thing in my
work.

FREEDOM.

In hearing Sean's beautiful words, perhaps he has found it.
And if he has found it, may he never again lose it.

May he never again sacrifice the certainty of today for the
hollow possibility of tomorrow.

The Golfer Who Feared Water



A professional golfer I was working with told me that he hated holes with water. Especially if those holes were one of the final holes on the golf course.

“You have to help me with this, Doc. It’s killing me.”

“What’s the problem?” I said.

“Water holes. I keep seeing the water. I know you’re not supposed to say Don’t Hit It In The Water. I’ve tried not saying that. But even if I don’t say it, I still think it. It just doesn’t work for me.”

“I can help you with this. But in this particular consultation

session, you can't ask me any questions until the last part of the session. Then you can ask me any question you want."

"Done." he said.

I told him to grab four shag bags filled with balls and we headed out to a hole on the course that had water along the entire left side from tee to green. Naturally, this was the hole that he hated most on the course. And he wasn't alone.

We stood on the tee box and I dropped a ball on the ground.

"Pull out your driver," I said.

He pulled out his driver.

"Hit the ball," I said.

He hit it into the right rough.

I asked him why he did that and he said he was happy with this shot. I asked him why he was happy and he said he was happy because he managed to avoid the water.

"Hit it again," I said. "And this time make sure the ball ends up in the fairway."

“Where do you want me to start it, Doc? Any particular shaping strategy you have in mind?”

“I need This Ball to end up in That Fairway. That’s my strategy.”

He hit the ball. It was a high fade that ended up just barely inside the right edge of the fairway.

He turned and looked at me with a very slight smile. I didn’t return his excitement.

“Now I need you to hit it into the Middle of the fairway.”

“But, Doc, the safer play is to end up on the right side of the fairway.”

“I understand. But I need this ball to end up in the Middle of the fairway.”

He hit the next ball and it ended up on the right side of the fairway. Then another one to the right side of the fairway. And another one. He hit the next Seven balls into the right side of the fairway.

“Doc, I think I can live with this. This is great. Why can’t I just hit it into the right side of the fairway?”

“Remember our deal? No questions until we’re done.”

He hit six more balls into the right side of the fairway. The seventh one he hit into the middle of the fairway.

“Good,” I said. “Hit more balls into the Middle of the fairway.”

After five more tries he hit three balls which ended up in the middle of the fairway.

“Now, I want you to hit this ball into the Left Edge of the fairway.”

“Doc, there’s water down the entire left side. Why would I hit down the left edge?”

“Remember our deal?” I said with a smile.

He hit eight balls. They all ended up between the Middle and the Right Side of the fairway.

“Doc, I just can’t. I can’t physically force myself to hit the

ball on the left edge of the fairway.”

“You must find a way, my friend.”

So he hit five more balls into the Middle and three balls into the Right edge of the fairway. And his next ball went into the Left edge of the fairway. I asked him to do it again.

Out of the next Nine balls, Five went into the left side of the fairway.

“Nicely done,” I said.

“Thanks, Doc. This is incredible.”

“Why are you thanking me? We’re not done yet.”

“What do you want me to do now?”

“I want you to hit the ball into the water.”

“Into the water? What for?” he said.

“No questions. You promised.”

“But I’ve just hit the ball all over the fairway. I feel really

good right now. Why would I destroy these good feelings and start hitting it into the water?”

“I am going to devote the last part of our session to questions. And you can ask me whatever you want. But for now, please continue. Hit the ball into the water.”

He aimed directly into the middle of the water and hit a high draw into it.

“That’s not what I meant,” I said. “I want you to hit the ball just barely into the water. Near the left edge of the fairway.”

He hit ten balls. Eight of them went into the left side of the fairway and two of them went into the water. I asked him to hit more balls into the water, just left of the left edge of the fairway.

He hit fifteen more balls. Nine of them went into the water. Six of them went into the left edge of the fairway.

“Very nicely done,” I said. “Now I want you to hit the shot you would hit if you were playing this hole in a tournament. Place the ball wherever you want based upon the current pin position.”

He hit twelve more balls. In all different parts of the fairway. He began talking about what the best angle would be to the flag. And how on some days the wind comes out of the left and it's better to place it in such and such part of the fairway. And when there is no wind, he wants to place it in such and such part of the fairway in order to carry the ridge across the right side of the green.

He talked and I listened.

He talked right through the entire last part of the session which I had reserved to answer his questions. I was waiting for them, in fact. But he never asked a single one.

Another individual who had gone through the same experience might have asked loads of them. Particularly if he began questioning mid-way through the session, as this player did.

But he didn't ask me a single question. Not One.

I must say, I was surprised by this.

But what had gone on here? Why did this work as it did?

There are many different reasons why I approached this

professional's issue in this way. And they all have to do with the nature of human perception and the fundamental workings of the human mind.

I will provide one of those reasons for purposes of this limited discussion.

This golfer did not see the details in front of him. This is a ubiquitous problem that plagues all us human beings.

I do this with all manner of athletes. Across many different sports. Every athlete has his own personal fear. And this fear has been fiddled with, soothed, covered, and bandaged.

But, in most cases, it has never been EXPLORED at the dirty, underground roots of his mind.

This golfer's mind had divided the sight in front of him into Two Parts: Fairway and Water. As a result, the percentage of his perception that was taken up by water was a FULL 50%.

I had to have him perceive the water as being only a small percentage of his percentage, Without telling him I was doing SO.

Telling is useless. It does not change anything. This is why

Prescriptions Don't Work.

The human being must See and Feel through His Own Eyes
and His Own Heart and His Own Skin.

Only then does transformation occur.

When this golfer subdivided what was in front of him into
many more fractions than just $1/2$, he lost his fear of the water.

And in losing his fear of the water, he became free of the
water.

The Diamond-Studded Shackles Of The Professional Golfer



Whomever said that slavery has been abolished does not understand the true slavery of man.

When man had a slave master, he was at least allowed food and drink. He was at least allowed a day off. He was at least allowed visitation with his family. And he was at least allowed to rest at the end of the day.

The true slavery of man is with him for his entire life. It haunts him from the moment he sleeps until the moment he wakes. And then it haunts him during every minute of his waking hour.

Though that sort of slavery was a travesty against mankind, it was cosmetic compared to the true slavery of man.

History has never seen a slave master as ruthless as the Human Mind.

There was once a prison located adjacent to a golf course. Within the prison was a prisoner who had a perfect view of the fairway through his cell.

This particular course hosted a PGA Tour tournament. And the prisoner was anxious to watch it. He was excited and entirely envious of watching world class players roam the fairways only yards away. But what he was most envious of was their freedom to play and act as free men.

Years of incarceration had sharpened his focus. And he watched intently as the world class player played his game. The closer he watched, the more awestruck he became. He noticed a slight hesitation in the player's step. A subtle twitch of the fingers. A light pacing. After the player hit his shot, he noticed a palpable anticipation within him.

At one point, the player caught a glimpse of the prisoner. The prisoner looked into the player's eyes and saw something

that he never imagined he would see. The manner in which the player looked at him made him fall into a trance. And for a quick but unforgettable moment the prisoner found it impossible to say whether he sought freedom outside of his cell, or if the player sought freedom within it.

The Tour Player is catered to. His fairways are as groomed as his sponsor-studded apparel. He is the subject of audience applause. He is spotlighted by the media. He is adorned with courtesy automobiles.

And he is enslaved to all of it.

Even if he is frugal, and simple, and humble, and low key . . .

Even if he is among the rare breed that has no use for such things, his mind will not let him be free of them.

But the biggest enslavement that he faces . . .

The one that he hires psychologists and consultants to help him with . . .

Is his enslavement to his performance.

I will not say that he “shouldn’t” be enslaved to his performance. For if I do, he will wrestle it from me. He has grown attached to his enslavement. Rather than peering outside his prison cell, he adorns it with furniture and a well-placed ficus.

There are those days that the jailer leaves the key in the lock, and the player finds himself tasting the fresh air of freedom. He plays gloriously. He plays like a god. He knows not from where it came. But no sooner does he realize this that he finds himself back in his cell.

How does he stay out of his cell for good?

My advice will fall on deaf ears. For though I may stand next to him he will not look my way.

Why?

Because though he sits bound by shackles, he notices only the diamonds that stud them. An ingenious design. Perhaps made at Tiffany’s.

And for as long as he is enthralled by the diamonds, he will never see the shackles.

His team of sport psychologists visit him in the prison.
They shine the diamonds for him. And their kaleidoscopic
reflection conceals the shackles even more.

There are days that he catches a glimpse of the shackles.
And the more he attempts to break free of them, the more
tightly they bind him.

But in his heart of hearts he recognizes his mock outrage.
And so he has his psychologist shine the diamonds once again
so that they hide the shackles from view.

For he is not certain if he is yet ready to live that dangerous,
wild, and unpredictable life that lies outside of his
comfortable prison walls.

That dangerous life he has seen only in glimpses. And in
the blue light of his dreams.

That dangerous life known as Freedom.

The Tour Player's Path To Eradicating Fear



While working with some players at the course yesterday, I happened to catch a glimpse of a golf channel telecast in which Phil Blackmar and Nick Faldo were discussing the mental side of golf.

Phil and I have had some discussions regarding the human mind, awareness, perception, emotion, and the various subtleties that lie at the heart of the golfer's mind.

I always gauge a man's level of interest and insight by the

nature of the questions that he asks. And the questions that Phil has posed to me in recent months, online and in person, are some of the most nuanced and genuine queries I've ever heard from a professional golfer. I commend his insight and his keen intelligence.

During yesterday's telecast, Phil said (paraphrase), "A professional golfer is going to face many things during a round of golf. And he has to be ready for every one of them."

Phil could not be more correct.

The question which then arises is, "In what manner can such a thing be achieved?"

I will address this below.

But first, I'd like to pay respect to Nick Faldo's wonderful comment. Essentially, he said (paraphrase), "One must learn to see golf in pictures."

A most insightful statement.

Let us discuss these truths as they relate to the human mind and golf performance on the professional stage.

I will begin with Nick's statement.

Nick is obviously correct. But perhaps he doesn't know just how correct he is.

I will begin with this: **The man who relies upon Thought spins his wheels. The man who relies upon inner sight sees the truth.**

The mind is a chattering machine. And more than 99% of its chatter is simply noise expressed in words. It is the voice of anxiety. It is the voice of interference.

A picture, on the other hand, is clear. It is a Perception rather than a Thought. And understand this: **The human body responds wonderfully to Perception. And clumsily to thought.**

Even something as seemingly innocent as a conversation between a coach and his student is not so much an exchange of words, but an exchange of images.

If I'm speaking to you, you are not responding to my "words." You are responding to the images that my words produce in your mental structure. This is why words often get in the way. This is why words are a limited tool of

communication.

On many occasions, I've taught people in Silence. Because then words cannot cloud the issue.

Nick's reliance upon images in golf allowed him to have a wonderfully successful career as one of Golf's Greats.

Phil's insightful comment about a golfer needing to be ready for whatever the game throws at him is something that golfers try to achieve, but few succeed at.

Why is this so? And by what manner can such a feat be achieved?

Let us discuss this Organically, shall we?

No potions. No "sports psychology." No tricks. No aphorisms. No "positive thinking." No "just have fun."

Let's be serious.

Let us abandon all the cosmetics. And get to the Nucleus of the issue.

Let us discuss this in typical *Siddha Performance* fashion.

Truthfully. Genuinely. Sincerely. Practically.

Any true exploration is guided by Questions.

The Great Question in this case is NOT, “How does the pro golfer handle everything that is thrown at him?”

Rather, the Great Question is “What is preventing him from doing so?”

Do you see how the question frames the exploration?

The first question is the one that players are taught to ask. But that question leads to a list of cosmetic formulas, how-to's, and prescriptions. All of which have a shelf-life.

And if such things had a formula, then all one would have to do would be to follow the formula and be forever free of all anxieties.

Formulas don't create results. They only create confusion and dependency.

The second question is the Real Question.

Why is it the real question?

Because it allows for what I call a Sincere Exploration of the issue.

There is something that every professional athlete in the world needs to understand: **When you explore something Sincerely, the mind stops fighting you, and starts helping you. It lies down and allows you to explore in peace.**

Back to the Great Question. What is preventing the pro golfer from handling anything that the tournament throws at him?

Fear.

Fear of what?

Fear of not doing well.

Virtually every golfer in the world lives in Anticipation before a tournament. And fear during a tournament.

When my youngest was eight years old, I'll never forget the question he asked me on the third hole of our golf course. As we were walking off the fairway, he said, "Daddy, where does fear come from?"

As soon as he asked this question, my mind began to taunt me, “You’re on the spot now. Okay, Mr. World Authority On The Human Mind, let’s see what you got.”

During this moment, I didn’t allow myself to “think” of an answer. Because I knew that if I were to search for the answer in the realm of “thought” I would spin my wheels and stumble. So I allowed instinct to say whatever it liked.

And instinct spoke. And when it spoke I listened, as if I weren’t the one speaking the words.

And this is what instinct said, “Wherever there is a consequence, there is fear.”

And the pro golfer lives with a veritable scroll of consequences, doesn’t he.

The question that one then asks is, “How do you get rid of fear?”

But that question is a false question. It is a decoy. It is a trap. Because it will once again lead to a laundry list of potions and prescriptions which will not have any lasting value.

So what is the Great Question in this case?

The Great Question is, “How acceptable is it FOR YOU to play with fear for the rest of your golfing career?”

Mind you, this is NOT a leading question. Every question that I ask, whether in my discourses or face to face with my clients, is always genuine.

I’m truly asking, How Acceptable it is for a given individual. I’m NOT assuming that they necessarily want to achieve this.

Nothing in life is achieved by a weak and whimsical desire. Mountains can be moved by a genuine desire.

If the professional golfer in question Truly Despises the idea of playing with fear, now we can create a journey toward this end. And this journey only becomes possible once his desire is genuine and heartfelt and powerful.

Some golfers don’t mind playing with fear, as long as they can garner some degree of success. And who am I to judge a man for his beliefs?

If our professional golfer expresses an Authentic desire to be free of his fear, then we go to the next level.

What is that next level?

Dissection.

A dissection of when precisely he feels the fear. Where in his body he feels it. What are the perceived consequences of his fear. And so on.

And in this way, we do something that most have never heard of.

We turn the mind against itself. We turn the mind in on itself. We call its bluff.

You see, any problem that we have, the mind blows it out of proportion. And what may be a drop, the mind turns it into an ocean. **But through a genuine exploration, we follow this ocean back to the drop!**

Again, we follow the ocean back to the drop.

This is radically different from the way in which professional athletes are taught to deal with their problems.

They are taught to change “behaviors” and to try to “calm”
the mind.

But the secret that few in the history of the world have ever
been told is The Mind Cannot Be Calmed. It Can Only Be
Transcended.

If you try to change the mind, calm the mind, or fight the
mind, it will revolt violently. And this is a fight that cannot be
won.

So you must go through the back door and side door. You
leave the mind altogether. And this is done by turning it in on
itself. In this way, it implodes. And once it implodes, it is at
the person’s disposable, to use as a glorious tool.

Once we follow the ocean back to the drop, we see the
problem as a drop, and the mind loses its power to convince
us that it is an ocean. And when the mind loses its power to
tell us its fairy tales, we begin to see things for what they are.

We gain CLARITY.

This Clarity leads to Freedom.

And when one lives and plays with Complete Freedom, he

will be able to handle not only what the tournament throws at him. But what life throws at him as well.

Gain The World Without Losing Your Soul



The professional athlete is losing the most valuable opportunity of his professional life.

Where he once played on fields, he now plays on synthetic and electronic-studded turf.

Where he once looked into the depths of the sky, he now looks at graphs and digital readouts.

Where he once smelled the dirt on his fingertips, he now smells the chemical odor of “science.”

What has his life become other than a grand entertainment?

To what has he given his existence other than a directive to
put wins into a column and numbers onto a board?

The development, the instruction, the training, the
prescriptions . . .

All in the name of “performance.”

What is he performing for?

WHOM is he performing for?

It has all become so “Clinical.” Has it not?

The professional athlete has received the accolades, the
money, the trophies, the championship rings . . .

But when no one is looking, he feels the hollowness that he
dare not admit even to himself.

The most beautiful gems in the world are the ones that lay
undeveloped. For they were created by the hand of nature.
And this hand did not see the need to “mold” the gem. It

sought only to play with it. And when it played with it, it discovered the most unforeseen surprises.

Surprises that are only possible for the man who sees with soft and goal-less eyes.

Whether he realizes it or not, man seeks only one thing in his life. He searches for it everywhere. And he calls by it by different names. And each time he pulls the string he does not find what he hoped to find at the end of it.

And this is because he does not know what he is truly seeking.

If only he understood that he seeks None of the things he is actually seeking.

If only he understood that the only thing he seeks . . .

The only thing he has ever sought . . .

is PEACE.

Not world peace. Not the peace of nations.

Personal Peace.

And nothing more.

That peace can most certainly be found within one's craft. In fact, this is the path to true development. This is the path to greatness, and to otherworldly skill, and to unimaginable accomplishment.

But you see, my friend, it doesn't come dressed in such packages.

It comes from an intimate relationship between the athlete and his craft. Between the man and his work.

It is from this Peace that comes Joy.

“Practice” becomes Experimentation.

“Training” becomes Exploration.

Tears of bliss, rather than tears of pain.

Surrender rather than “sacrifice.”

There are those rare people who find peace in their craft. Their “practice” is their religion. Their “training” is their

learning. Their “competition” is the acid test of their theories.

Such a man feels no fear. For he has nothing to lose.

He feels no pressure. For he seeks nothing that is not
already his.

He feels no anxiety. For he deals only with what is, rather
than with what might be.

**The “organization” of sports has led to the
Disorganization of human beings.**

Many great athletes have been forced to play the role of
“factory worker.” They have been taught to “give themselves
to the team.”

**Where is the team without the individual? And where is
the individual without the Soul?**

Understand this: **One’s sport and one’s craft is something
that should bring one Back To Himself. Not take one away
from one’s self!**

His craft should be a place of Respite. Not a source of
Strife!

One's craft is his Religion. It is the gateway to his Spirituality. It is the pathway into the depths of himself.

It is that one private place in which he or she becomes giddy and playful.

It is that place in which the universe opens up to him and reveals to him its secrets.

In the legacy of Bernard Moitessier . . .

And Reinhold Messner . . .

Some great athletes have said that their sport is simply an excuse to Compete.

I would say that a man's sport is his excuse to discover His One And True Self.

For if it is not, is it not simply an Entertainment?

And if it is nothing more than an entertainment, whom does the entertainer become when he leaves the stage?

And whom does he become when there is no one left to

entertain?

His self will forever attempt to surface. And he will forever
keep it suppressed.

Unless his craft becomes the door to that which he has
forever avoided.

And when he walks through this door he will look deeply
into his craft.

And he will realize he is on the right track when he looks
into his craft and sees within it the one thing he has not seen
in years . . .

His own reflection.

For Touring Pros: The Secret That Will Make Your Mind Create Any Outrageous Outcome That You Wish



I created *Siddha Performance* in order to reveal to the world the Secrets about the human mind that they would never hear anywhere else.

And in this discourse I will reveal to you a secret that I've never shared in public.

The human mind is like a wayward dog. It wanders aimlessly. It chatters nonsensical things to you and me. And it

never goes quiet.

This is the mind's nature. Its nature is to be undisciplined.
And reckless. And aimless.

This is the mind that you take with you to your practice.

And believe it or not, this is the mind that you take with
you to tour events.

And this aimless, fretful, wayward mind is the mind that
you take with you to major championships.

Every professional golfer on the planet suffers from
inconsistency. A round one 66 is very often followed by a
round two 73. And one of the age-old phrases on the PGA
Tour is "It's very difficult to follow one low round with
another." And, "It's very difficult to put together four good
rounds."

Let me say this: As a professional golfer, you produce
somewhat inconsistent, but very good results nonetheless,
with a loose and wayward mind.

**Imagine what sort of results you could produce if you
could COMMAND your mind to produce whatever result**

you wanted!

I normally charge several thousand dollars for an insight such as this. But in this discourse, I'm just going to give it to you. No strings attached.

Do I have your attention?

Shall we continue?

Tour players, like all professional athletes, have been taught to look at their development and accomplishments in the following way. And they have been taught this since childhood.

It's the only "way" they've ever known. And it goes like this:

Practice all parts of your game and make them "really good." Seek answers and advice from coaches as to "HOW" to "get better" at this skill and that skill.

"Put in the time" and your day will come. Get a little better today than you were yesterday.

You've done this for YEARS!

Haven't you?

On the face of it, this sounds very logical. What's wrong
with it?

I will tell you.

When you are "practicing" . . .

When you are attempting to "get better" . . .

When you are attempting to "be better today than
yesterday" . . .

When you are "working on your swing" . . .

When you are "fixing your swing plane" . . .

When you are "doing your drills" . . .

Your mind is dormant.

As they say, the mind can move mountains, right?

But I bet it's not moving mountains for you, right?

Why?

Is it because of your talent or your capabilities?

Of course not. You're just as talented and capable as any
tour pro out there.

It's just that you haven't learned how to unlock the mind's
Enormous Power.

How do you do that?

Stop looking for answers and start asking questions.

What do I mean by that?

Fear not. I realize that many have given you "drive-by"
advice and left you wondering at the most critical moment.

I won't do that to you. I will explain and explain fully.

You see, when you do all of these routine 4, 6, and 8-hour
practice sessions and drills and swing maintenance, and all of
these things, the mind has nothing to do.

You've just brought the mind along the same way you would have brought along your niece to hang out at the back of the range as you do your practice.

And because the mind has nothing to do, it wanders aimlessly. And because it wanders aimlessly, it is doing NOTHING for you. In fact, it is disturbing you and interrupting you and distracting you.

Just like a distracted child.

So how do you make the mind start working for you?

How do you unleash the great power you've always been told that it has?

Here's the secret.

Are you ready?

Okay, here it is, step by step.

Step 1: You must tell the mind **EXACTLY** what you want.

Step 2: You must ask it a question that is So Specific and So Compelling, that it cannot help but to set out to make it a

reality for you.

I will reveal to you the sort of question that INSTANTLY snaps the mind out of its aimless state and into its working state.

If you are trying to “play better” or “improve” or “become more consistent”, these sort of directives do nothing for the mind. NOTHING!

Why not?

Because they are not specific. The mind cannot get a real handle on them. It can't sink its teeth into them.

But here's a question that the mind can Absolutely sink its teeth into. Here's a question that will turn the mind into your own personal Genie In A Bottle.

Whether you want to win the The Open Championship (at Royal Troon, perhaps) or The Masters or The PGA, or you want sit atop the money list or the Fedex Cup or the Official World Golf Rankings, or whatever your heart desires, ask your mind THIS:

What Specific Things, If I Did Them, Would Make It

INEVITABLE That I Would Achieve That Goal.

Wow!

Hold the presses, folks. We have a game changer!!!

This sort of question is like a 20 pound hammer which slaps the mind into submission.

Why? How?

Because you are not asking what would “improve my chances” or “what would make it more likely” or “what would increase the odds.” And this, by the way, is exactly how professional golfers are taught to think and speak.

And this is why they don’t often get what their heart truly desires.

You are asking What Would Make It **INEVITABLE?**

I-N-E-V-I-T-A-B-L-E.

This ten-letter word Changes Everything.

Because now the mind can no longer hide behind

“probabilities.”

You see, if you ask the mind to “increase your odds” it can easily hide behind the probabilities. It can easily say, “Well, we did increase the odds, but it just didn’t work out. Oh well, better luck next time.”

But when you say to the mind that you need it to figure out the things you must do that will make it INEVITABLE, the mind has no escape. It has no back up plan (and I hate back up plans, by the way. They only ensure that one will Back Up). You’ve cornered it.

So when the mind is given this kind of No-Nonsense, Straight To The Face, No Wiggle Room sort of objective, something fascinating happens. The mind begins to eliminate all of the possibilities that it would have given you if you would have asked about “increasing the odds” and it begins constructing the possibilities that will make it **Inevitable**.

And believe me, this Mind can create any Outrageous Goal you wish. If you but have the courage and the heart to look it in the eye and ask.

You want to train yourself to shoot 66?

You want to train yourself to become World Number One?

Anything you like.

Most tour players don't do this because (1) they've simply never learned about the true nature of the mind (no, you're not likely to come across this in "sports psychology" because it has nothing to do with the true nature of the mind), and (2) believe it or not, they are too sheepish to ask for such lofty things.

Perhaps because deep inside they don't feel they deserve them.

But I know YOU aren't like that.

My talented friend, nature gave you this mind for this very purpose.

Reach out and grab what has always been your birthright.

There are several more questions that one could ask. There are much deeper levels of understanding of the human mind.

But begin with this one, and change your life with it!

The Closely-Guarded Mind Secret That Will Quite Possibly Win You The PGA Championship



The things in this world that are truly worth doing are the things that No One Else Has Done.

I'm about to reveal to you a closely-guarded secret that you will not find anywhere else in the world.

After you've read this discourse, feel free to scour the web.

Even ask your fellow tour players. And see for yourself.

The reason you will not find it anywhere is because it has taken me over a quarter century to develop and refine it.

As I said, the things in this world that are truly worth doing are the things that no one else in the world has done.

Is this not what you wish to do in the world of professional golf?

If so, let's dive in, shall we?

Have you noticed the hundreds of adages that have been floating around for decades? The things you've probably heard at least 50 or 100 times in your life?

Yet when you tried them, they simply didn't work.

You've probably noticed this in all parts of your life.

Why is this the case?

Because virtually every truth that you've heard is a half-truth. All of the information that floats through society is like a bundle of naked wires, each looking to be plugged in.

In this discourse, I will reveal to you a secret. I will reveal to you the wires, how to trim them, and what to plug them into so that they will for once actually work.

If you'll allow me, I'd like to reveal to you a secret of how to make the human mind create any wish that you can imagine.

In this case, let it be The PGA Championship at Baltusrol. But, quite frankly this may be used to achieve any accolade that you wish in the world of professional golf.

You've probably heard that if you wish to achieve something, imagine yourself achieving it.

You may have already tried this.

Did it work?

The reason it didn't work is because imagination is not enough to make the mind awake from its slumber and get to work for you.

You see, the mind loves inertia. It doesn't like change. It's sluggish and repetitive. And if you wish it to do something for

you, you have to learn how it works.

More potent than imagination is Feeling. The mind spews thoughts. But it Listens to feelings. Feelings get its attention.

Once you feel the feelings of what it would be like to win
The PGA Championship you will get its attention.

Feeling is like a wave which makes the mind vibrate. And
this vibration awakens the mind from its stubborn nap.

Feeling will indeed get the mind's attention, but perhaps
only to open its eyes to take a look. It might very well turn its
head and go back to sleep.

Then there is something even deeper. And this is the
pinpoint and subtle details of what it would look like to win
The PGA. Exactly how many reporters will be standing
around you. The precise dialogue between you and them. The
size of the microphone near your lips. The color of the
reporter's watch. The hardness of the chair in the press
conference. And so on.

This will definitely make the mind look up once again.
Now you've really got its attention.

But it still may not act. As I told you, its stubbornness is legendary.

So then, you can go to the next level.

What's that?

You allow him to simmer in the Feeling attached to the details. The feelings you feel As you are speaking to the media. The feelings you feel as you are speaking the precise words that you will speak.

Now the mind will rise from its nap. You have clearly gotten its attention.

But still he may sit and watch. Perhaps now you are beginning to see why it is that you haven't achieved all that you've wanted to achieve.

Perhaps now you are beginning to see why your successes have not matched the prodigious talent that you possess.

I bet you didn't know any of this. I bet no one told you such details about the nature of your mind.

Oh, but there's still more.

Now what you do is something very specific.

This is the Secret I promised you.

Are you ready?

Okay, here it is:

**You bathe the mind in the feeling that this happened
last week.**

You've always been told to imagine it for the future. And this is why the mind hasn't worked for you. Because the mind doesn't respond to the future. It lives in the past and it lives in future. But it doesn't Respond to thoughts and feelings About the future.

That's something else no one's told you.

**So what you must do is to Feel as if you won the PGA
Championship Last Week!**

Not this coming Sunday.

Last Sunday!

In doing this, you will have stunned the mind. It's as if it just got smacked by a two by four. Now the mind gets out of bed and begins to get to work. It races across the room and flies into the clouds and begins to make this a Living Reality for you.

This might actually be enough to win you The PGA Championship.

But, believe it or not, there's still one more level.

The one final step that will seal the deal.

The step that will get the Wanamaker Trophy into your hands.

And this final secret to The Holy Grail is something that I cannot reveal within a discourse.

I'm not intentionally withholding it from you.

The reason that I cannot reveal it to you is because it needs to be understood in its context. If I just say it plainly, there is a very good chance you will misunderstand it.

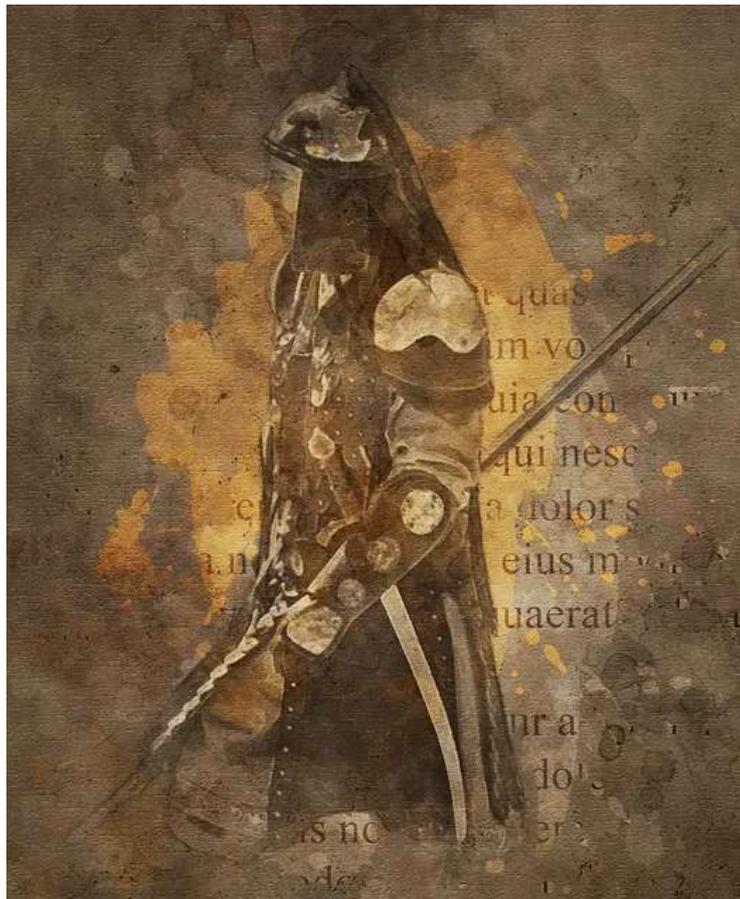
And I cannot take the chance of you misunderstanding it
and putting it to use in the wrong way.

It's something that is one of the most powerful secrets of
the human mind.

And once you understand it in its context, it will quite
literally become your magic wand.

What I've already given you might indeed be enough.

At Last, The Secret To How The Pro Athlete Can Become The Player He Used To Be



In every professional athlete's life there comes a time when he is not the player he once was.

Hockey. Golf. Baseball. Soccer. Football. Swimming. Skiing. Nascar. Regardless of the sport, it is a ubiquitous problem in the world of professional athletics.

Why?

One explanation is that they have lost belief in themselves.

Very well. I understand that. It is logical. And in many ways
it is correct.

I, then, ask the following: Why have they lost belief in
themselves?

From where does this “loss of belief” arise?

To which the response will likely be the following, “The
loss of belief arises when the athlete repeatedly fails to get the
results he or she used to get. When he or she fails again and
again and again.”

Once again, a most logical answer. A person who fails
repeatedly naturally begins to believe less and less in himself.
That is completely logical.

I, then, ask the following: “Why is the athlete failing again
and again and again?”

This is the point where everyone stutters and hesitates.

I will ask again. “I ask you directly, yet innocently. I truly want to know. Why is this athlete failing again and again and again?”

I will give you the answer to this question: The athlete is failing again and again and again because of what he believes.

The big picture truth is that the athlete’s beliefs are causing him to fail again and again and again.

What he thinks to be true isn’t really the truth.

What he thinks to be the problem isn’t really the problem.

It matters not who the athlete is or what part of the world he lives in or what sport he plays . . . this truth is as fundamental as it gets.

Details come later. Quibbles about this come way later.

If the athlete is failing again and again and again, what he believes to be the truth is not the truth.

How do I know?

Because if what he believed to be the truth was the truth,

then he wouldn't be failing again and again and again.

(In some cases, the athlete secretly wants to keep failing even though he wouldn't dare admit this to even himself, but let's save that for another discourse).

Now here comes the fascinating part.

Listen closely because this is critical.

The athlete subscribes to the notion that "If I do THIS, then maybe it will help me get out of my slump."

And because he believes this, he goes to different coaches looking for various "THIS's."

One coach gives him one particular "THIS." He tries it and it doesn't work. Then another, and that doesn't work. Then another, and that doesn't work.

Then he goes to a different coach for a "different THIS."
And that doesn't work. Then he goes to a "sports psychologist" who gives him twelve new "THIS's" and they don't work.

Years go by. And he still suffers failure after failure.

And the athlete continues to ask the following question,
“Who is going to give me the THIS that is going to make me
stop failing and begin succeeding?”

We have arrived at the fundamental problem.

The problem is not that the athlete has not found the
“Correct THIS.”

The problem is that he believes that a “THIS” exists.

And for as long as he believes that a “THIS” exists, he will
continue running on his hamster wheel until his career is no
more.

Now, the athlete is going to say, “Wait a minute. So you’re
telling me that if I stop thinking that a THIS exists, then I will
succeed?”

To which I will respond, “No. Because then that would also
be a THIS.”

Now, the athlete is going to say, “So if I think that there is a
THIS which is going to make me succeed, I will not succeed.
And yet if I abandon the idea that there is a THIS that can

make me succeed, then that also will not make me succeed because that also will, in effect, be a type of THIS.”

To which I will reply, “Sir, you are correct.”

To which the athlete will naturally reply, “Then what the hell should I do?”

You must begin to understand that success will never come to you by way of an Intermediary Action. No matter what that intermediary action may be.

Here is the secret, and it is an ancient one:

Success will come when you remove the Muksat’s that ensure your failure.

Muksat is a Sanskrit word. I do not know the direct English translation.

One of those internal Muksat’s is that there is something you are gaining from repeated failure. For man always repeats that from which there is gain. And if there is no gain, he does not dare repeat it.

This is just one of the internal Muksat’s.

These internal Muksats are sabotaging all of the athlete's efforts. No matter how herculean his efforts may be.

Going into the depths of his own mind, and identifying these Muksat's is the key to his throne.

This is the flame that will light the way.

This is the way to becoming the player he always knew still existed within him.

This is the way to regaining the success he was accustomed to receiving.

The is the way to becoming the player he used to be.

The Shocking Truth About Why Tour Pros Struggle And How They Can Flourish: The Results Of A Six-Year Experiment I've Never Before Revealed



Most truths in history have always been considered Heretical when they were first revealed. From Galileo to Aristotle to Copernicus.

But what do all of these people have in common?

They were madly obsessed with The Truth. And they were willing to travel to the ends of the earth in order to find it.

I've chosen to reveal to you the results of a behind-the-scenes experiment I've been doing in secret for the better part of 6 years.

A written discourse does not lend itself to the possibility of revealing all of it, but I'm about to reveal something to you that you've never been told.

Something that your competitors do not realize. Something that you've perhaps never even considered. For you'd have to live as far outside the box and beyond the lines of convention and tradition even to consider it.

I will reveal one of these truths here to you today.

For decades you've heard the old adages, particularly in golf, about aiming at "small targets."

You've heard, "Aim small, miss small."

This adage seems logical on the face of it. As all adages do. It's based largely upon theory, rather than evidence. As all adages are.

But the truth isn't always "logical." Because logic is dependent upon understanding. And if one's understanding of a particular system is partial, then partial truths will seem logical.

I've been studying targets for at least 6 years now. It began with my intensive examination of zen archery and its ability to pierce a light bulb. Astounding feats.

Then I examined professional hockey players and professional golfers and pool players and rifle shooters.

And what I found is something truly astonishing. I said to myself, "Wow. The entire professional athletic community is missing out on a glorious secret!"

I'll begin with an experiment I conducted with the marquis professional hockey players in the national hockey league (NHL). Following this, I'll apply it to professional golf.

If you watch an NHL game, you'll notice something. But you won't even register it. And the reason you won't register it is because it is so common. That which is common isn't noticed. How often do you notice the color of your living room sofa? Or the painting that's been hanging on the wall in

the hallway? Despite walking past it every single day.

NHL players are the best hockey players in the world. Players from countries around the globe compose the national hockey league.

Let me ask you a question. If these are the best hockey players in the world (which they are), then why do they consistently miss the net?

I was recently hired for a week-long hockey camp composed of the top NHL players. These were not just NHL players. These were the top line players from the top teams around the league. The biggest names in the world of professional hockey.

So I stood and watched the practice session. After having been to dozens and dozens of practice session with professional athletes, I've learned that they are all basically the same. Whether they are professional golfers or hockey players or swimmers or basketball players, they practice in such a way as to keep them right where they are. They think they are getting better but only incrementally, if that. And that's because they practice according to Technique, rather than Train according to Perception. More on that some other time.

I watched these world famous hockey players come across the blue line and shoot into an empty net, during their drills. I literally counted how many pucks hit the net. Out of 100 pucks, 18 hit the net. Not only did they miss the net, 90% of the missed pucks missed over the cross bar.

The coach, who had succumbed to the popular belief of “aim small, miss small”, put a second hockey net, faced down, and put it in front of the first. This left only the upper half of the net that was available to shoot into.

As soon as this happened, I knew it was suicide. I almost stopped him from doing this “traditional drill” but I let it be.

The players came across the blue line and hit into the smaller net. Out of 100 shots, the number of pucks that hit this half-sized net?

FOUR !

After practice, we were sitting in the locker room and I asked the coach why he chose to do this drill. Mind you, this is not your average coach. This is a highly intelligent and seasoned individual. Not only that, he is one of the most sincere seekers of truth I’ve ever met. I hold him in very high

regard.

He said that the reason he does these sort of drills is because they improve accuracy.

I shared my numbers with him.

His exact words were, “Doc, are you serious?”

This is how the conversation went:

Me: “You are training the players according to some theory. But results are all that matter. Professional athletics is a world of recycled air. And the belief is that if something doesn’t work, you just have to do More Of It. And Try Harder. But doing this doesn’t make anyone better. It just wastes the years of an athlete’s life. It prevents him from reaching the heights that he or she actually could have reached if he had The Truth, rather than empty, age-old theories.”

Coach: “So what do you recommend?”

Me: “Before I tell you what I recommend, let me ask you a question. How often do NHL players actually hit the net?”

Coach: “A small fraction of the time. And that’s why we do

these accuracy drills.”

Me: “Very well. Is this the first time you’ve done this ‘accuracy drill?’

Coach: No.

Me: “How long have you been doing it?”

Coach: “We’ve done it ever since I’ve been in the league. And I learned it from the coaches who’ve been doing it for decades.”

Me: “And yet despite doing it for decades, the hockey players still only hit the net ‘a small fraction of the time.’

Coach: “Holy shit.”

Me: “Can you honestly look me in the eye and tell me that the remedy is to spend another five decades doing these drills in hopes that one day the players’ accuracy will just magically increase?”

Coach: “No. I actually have to admit that the drills haven’t worked.”

Me: “And why haven’t they worked, do you think? Why do the players keep missing the net at astronomical rates?”

Coach: “I’m not sure. Tell me, doc.”

Me: “Because in these so-called practices, you are teaching them to become Experts at Missing. After each practice session, they get better and better at Missing!”

Coach: “So what’s the right way to do it? How can we train them to hit the net?”

Me: “By getting away from theoretical and technique training and understanding Perception Training.”

Coach: “Okay. How does that work?”

Me: “You see, whatever you do has to be according to the fundamental way in which the human mind functions. If you do things in a way that is contrary to the way in which the mind functions, you’ll get frustrated players, frustrated coaches, and inferior results. This will then lead to “working harder” and “gripping the stick” and all sorts of turmoil. But if you do things according to the way in which the human mind functions, it will become more effortless and natural and because the results will be far greater, the players and the

coaching staff will be enthusiastic.”

Coach: “I’m sold. Can you tell me how to run tomorrow’s practice session?”

The following day, I had him turn the session on its ear. Everything, from what the players were told to the way in which the drills were run were according to a design purely based upon the natural way in which the Mind Perceives, instead of forcing upon the body a set of Prescriptive Techniques.

These were very specific things, designed in such a way that the target would basically invite the players.

These were designed in such a way that the player felt like he had hit the target before he even took the shot!

The results?

During the very first session of Perception Training, out of 100 shots, how many pucks hit the net?

94.

Here’s another fascinating point.

Two of the players were behind me as this was going on. And I asked them, “What do you think of this new system of training?”

Mind you, after having spent years working with professional athletes, I had a fairly good idea what their response was going to be. And they did not disappoint.

They said, “Well . . . I think we like the old way better.”

I asked why.

They said, “Because the old way will make you more accurate.”

It never fails 😊

The players **STILL** believed that, despite more than 10-15 years of technique training, that if they just kept doing it, some day they would become more accurate.

And yet, here they trained in a totally new way which Catapulted their make percentage from 4% to 94% in One Single Session! A 23-fold improvement!

Yet they still believed that the 4% was the better way, because the theory had been hammered into them for so long, they simply could not see the truth around them. Remember hamsters on the hamster wheel?

After this training session, I returned to the locker room with the coaching staff and they were roaring with laughter and excitement.

The coach said to me, “Doc, did you know they were going to hit 94 out of 100 with your Perception Training session?”

Me: “That really wasn’t my goal,” I said.

Coach: “What? What do you mean?”

Me: “Tell me something. How did the players look when they crossed the blue line?”

Coach: “Funny you say that, I was just telling Steve (fellow coach and former goaltender for NY Rangers) that the guys looked completely different as they crossed the blue line. You could just see it in their bodies.”

Me: “THAT was my goal.”

When you work in accordance with the mind, the mind stops fighting you. And the reason it stops fighting you is because no longer anything for it to fight.

And when this happens, the results no longer have to be forced and manufactured. They're automatic.

I then told them what the two players behind me said. And Steve looked at me and said, "What!"

Me: "Yes, not only did they think the 4% way was superior, they hardly even noticed that they hit the net almost every time!"

Steve: "What! Why is that?"

I remember the look in his eye and the tone of his voice. He was almost angry.

Me: "When I first learned this phenomenon, I also became angry. I couldn't believe it. I thought players were actually joking. But as years have gone by and after noticing it again and again, I've learned that most professional athletes have become so enslaved to rote repetition and following orders that anything to the contrary of what they've been accustomed

to, they simply don't notice.”

You see, if you make a man walk with a 40 pound sack on his back for months, he will walk hunched over because of the weight. But once you remove the 40 pound sack, he will continue to walk hunched over, as if the sack was still there!

The last scene of the movie, Moneyball, demonstrates the most splendid example of this phenomenon ever caught on screen.

And you know what's interesting?

No one ever talks about that scene. Because few even noticed it.

No one noticed the scene about the athletes' failure to notice!

Incredible, isn't it?

I then applied this to the world of golf.

Aim small, miss small, you say? Very well. If this is the case, then why are there so many errant shots week after week on the PGA Tour? I can understand some errant shots. But

hundreds and hundreds? Week after week?

Are you telling me that a marksman-like accuracy is a staple on the PGA Tour?

Why aren't tour players knocking down flags? I know what you're going to say. Tour players don't always go at the flags, for strategic purposes. And that's true.

But the green is fairly wide area, isn't it?

If aim small, miss small is such a tried and true fact, why does the GIR average on the PGA Tour stand at 65%?

If aim small, miss small is a fact, then why is the fairway percentage on the PGA Tour a meager 60%?

I don't need to mention the putting stats on tour, do I?

Aim small miss small does work in a small percentage of cases. What they don't tell you is that it works when the player is ON that day. When he's "feeling it."

But for the vast majority of days, in the vast majority of rounds, aim small, miss small simply isn't true. It hampers players rather than helping them. And the evidence

overwhelmingly shows this.

I told elite pro golfers that I would tell them where to hit the shot and they could use any technique or shot shape they liked. All they had to do was to hit it according to the perceptions that I set up.

They didn't miss.

I worked with a European tour player on his putting for 45 minutes. And the next day, he shot 5-under and secured his PGA Tour card.

And do you know what's interesting? I never heard from him again. And I've followed him now and again, and even been contacted by those around him because his putting is killing his game. It killed him in the President's Cup and in most subsequent tournaments. But, like the hockey players I spoke of, he's still married to the idea of keeping on the same path in hopes that ONE DAY it will turn around for him.

Afterward, I learned that some of the guys whom I experimented with hadn't played in years because of arm injuries and back injuries. Others had just become so frustrated that they left the game.

I was contacted by a few of them after our work together and they told me that they were reinvigorated with the game. They told me that if they would have known this years ago, they felt that they would've been at the top of the world rankings. It was only this sort of thing that was holding them back. They just didn't know that such a thing existed.

As for the players with injuries, I was truly surprised. Frankly, I didn't even know they were injured. But they told me something incredible. Something I never even considered. And I must tell you that it is precisely these kinds of surprises that truly give me great satisfaction.

They said that although their arm or back did hurt some while they were doing this perception training, it didn't really hamper their results. And the reason for this was that the target seemed so readily accessible that it felt effortless to get the ball into the prescribed perception target. And because it felt easier, the arm and back suddenly FELT like only a slight occupational hazard as opposed to something which hindered their ability to perform.

Wow!

The reason that professional golfers and hockey players miss their target so consistently is not because "that's golf" or

“it’s hard.” It’s because they don’t structure and choose the targets that are in line with their perception.

If they Train Themselves to do such things, rather than “practice”, then they will begin bring their true abilities to the surface. And they will begin to become the player they’ve always believed themselves to be.

On those rare days that they do (the days that are so rare), they become world-beaters and shoot 10-under. But these days happen by accident.

The key is to Train Yourself to have such days, rather than to “practice” which keeps you right where you are.

My friend, everything that you’ve been taught in the world of professional athletics is . . .

I won’t say it’s necessarily outright Wrong, but it’s such a meager piece of information that it may as well be wrong.

You may be a veteran pro hockey player or pro golfer or pro basketball player. But I’ll tell you straight up: You have spent all of those years with the truth being withheld from you. You’ve spent all of those years fighting Against your mind. And as a result, the mind has necessarily fought back.

And if you went to remedy this through the theories of “sports psychology”, well . . . then you just added more cosmetics to cloud the affair even further.

This is why all professional athletes are exhausted.

If archers can have such accuracy, why can't pro hockey players and pro golfers? Some will begin their long list of excuses about how golf and hockey have a stick and club and blah blah blah. And here we have yet another example of these ingrained Bullshit Beliefs that do nothing more than keep a man tied with chains to the results he's accustomed to getting.

I could write for another 2000 pages. There are so many things related to Perception training and putting, short game, and target selection.

There are so many Siddha Truths about the mind and Precisely How it sabotages professional golfers far before the game even begins!

Siddha Truths about why tour players follow a 66 with a 73.

Siddha Truths about why tour players win by one shot instead of 10.

Siddha Truths about why “practice” keeps you right where you are, and how Siddha and Perception Training both Quiets and Activates the mind, allowing you to spend one half the time while receiving 4 times the results.

Throughout history, regardless of the discipline, the status quo went unchallenged for hundreds of years. Then one day, someone came along and said, “Why the hell are you guys doing it this way? Why not do it this way instead?”

And Poof! The entire sport became transformed and the results went through the roof.

The amazing thing about the Roger Bannister phenomenon was not that he broke the 4 minute mile in 1954. The amazing thing is that within 12 months, 12 others did it as well.

Shouldn't you be the Roger Bannister of Professional Golf?
Or Professional Hockey?

If not, then what the hell are you doing there! Give your spot to someone who Will Change The Sport.

What's happening in professional sports today is a tragedy of monumental proportions. Preternaturally talented players

losing their tour cards. Hockey players getting sent down. It's heart-breaking.

And for what?

One can understand if these players are losing their cards because they've lost their talent. But to lose your card simply because you've been given beliefs that simply weren't true? To lose your card simply because you've insisted upon trained according to technique rather than perception? To lose your card while still having all of your talent full and intact within you?

Now that's just a tragedy.

And no self-respecting tour pro or professional athlete in any sport should stand for it!

A man's life Transforms the day he asks the question, What if there's been a treasure trove sitting right next to me for all of these years, and no one ever told me it was there?

A Disciplined Life Of No-Mind



Some of us in this world have a pervasive and instinctual feeling that we were born in a generation to which we do not belong.

We begin to seriously entertain the possibility that we were lost in the shuffle of humanity, and were sent to Earth during the wrong time period.

As I look across the landscape of modern times, I see great innovations in the world of science, and great advances in the

world of technology.

Never in the history of the world has man been more comfortable.

And never in the history of the world has he been more unhappy.

Modernity is a form of entropy. It moves toward chaos.

The latest generations have grown up within the world of computer screens.

Man lives much of his life staring at the mesmerizing sights and sounds of his smart phone.

He has lost his soul.

He has become, in a word . . . Distracted.

Is it not ironic that young people teach old people how to use a computer?

When old people should be teaching young people about Wisdom.

If I may, I'd like to suggest to you a film.

The film is Ed Zwick's masterpiece, *The Last Samurai*.

I will quote a few of the passages of that beautiful film. The words have become such an integral part of my daily existence, that I am able to quote them by heart.

An American Soldier has been captured by The Samurai in ancient Japan. And he has been brought to an isolated village in the mountains, where the Samurai live and train.

“I continue to live among these unusual people. I am their captive and I cannot escape . . . Everyone is polite. Everyone smiles and bows. But beneath this courtesy, I detect a deep reservoir of feeling.”

“They are an intriguing people. From the moment they wake, they devote themselves to the perfection of whatever they pursue. I have never seen such discipline.”

A young Samurai warrior approaches the American soldier as he trains, and says, “Please forgive. Too many mind. Mind the sword. Mind the people watch. Mind the enemy . . . Too many mind. No-Mind! . . . No-Mind!”

“There is so much here I will never understand. I’ve never been a church going man. And what I’ve seen on the battlefield has led me to question God’s purpose. But there is indeed something spiritual in this place. And though it may forever be obscure to me, I cannot but be aware of its power.”

“Winter, 1876. What does it mean to be Samurai? To devote yourself utterly to a set of moral principles. To seek a stillness of your mind. And to master The Way Of The Sword.”

The Samurai Warrior says, “And then I come to this place of my ancestors, and I remember . . . that like these blossoms, we are all dying. To know life in every breath, every cup of tea. The perfect blossom . . . you could spend your entire life looking for one. And it would not be a wasted life.”

One day I will perhaps meet Ed Zwick. And when I do I will greet him as an old friend.

I will stand before, join my hands, and bow.

I am often asked what I consider to be the single most difficult question to answer, particularly when it comes to training professional athletes.

“What do you do?”

Perhaps the most complete and honest answer I can give is the one that would capture the essence of it all.

That answer would be, “Please watch *The Last Samurai*. That is what I do. If that film speaks to your heart, you and I were meant to work together. And we will enter upon a wholly uncompromising journey toward becoming a Living Master, and a Perfect Human Being.”

Yes. That is the answer I would love to give.

If only it would fit on a business card.

The ideas and the perspectives that modern business leaders and professional athletes simmer within, serve to excite and condition the mind. And it is for this reason that they have come to live a troubled and conditioned existence.

It is for this reason that there is Parity.

And it is also for this reason that there is abject suffering, rampant addiction, and substance abuse across such domains.

To live as the ancients did . . .

Devoted to a set of moral principles . . .

A life of Discipline.

A life Without Mind.

Living in this way would indeed make you the single greatest player, artist, or businessman in the world. Bar none!

But I would be remiss if I failed to mention that this is not the primary reason for devoting your life in this way.

Becoming the greatest in your craft will happen. And it will happen quite easily. For you will have become a Master, while the others will have not.

But in all candidness, this is but a mere fringe benefit. A mere side effect.

The Real Benefit will be in the way that you live. In the way that you become with your children. In the way that you experience a single day in your life.

To know unending Peace is man's Enlightenment.

This will allow you to look at every single thing in your life

in a completely different way.

From the way you greet the clerk at the Supermarket, to the way in which you view your craft.

To devote yourself to a set of principles. To run your business according to a set of non-negotiable disciplines.

To play your sport according to an intricate, nuanced, and disciplined philosophy that almost no other player in the world subscribes to, or even knows about.

And if they do, they will not be hard to find. You will find them at the top of leaderboards. You will find them sitting alone in quiet.

You will look into their eyes and see the Peace of which I speak.

And upon seeing it, you will know.

May this be what you come to see as you look into the mirror.

May you abandon the addictions to “Prescriptions.”

May you see the devastation that arises from a maniacal
reliance upon “technique.”

May you begin to explore the heartbeat of the game.

May you open your eyes to the things that you haven’t seen
in years.

May you enter upon a journey to study the nuanced details
that others could not even hope to grasp.

May you enter into a Training and a Path that will allow
you to become The Glorious Human Being that nature created
you to be.

For doing so, will not be a wasted life . . .

Dreams Of Miyamoto Musashi



Miyamoto Musashi was the greatest swordsman the world has ever seen.

His life spanned from the year 1584 to 1645.

Musashi's father was a great swordsman and a great teacher of the sword. He trained the young Musashi, but Musashi was quite belligerent.

He criticized his father and often belittled his ways. This did not sit well with his father, who considered his son to be

insolent and disrespectful.

One day when Musashi was 12, he criticized the way his father was shaving a stick. And his father became so angry, he picked up a sword and threw it at him, narrowly missing him.

That day, the young Miyamoto left home.

He trained himself in the jungles of Japan. He sought shelter in makeshift homes. He ate berries. He drank from the river.

He remained wild and unkempt.

And began his journey to becoming the greatest swordsman who ever lived.

He began to challenge prominent swordsmen. Upon seeing this wild and disheveled upstart, they grew increasingly confident that he was not in their league.

They grew proud that he had not their breeding. Or their traditional methods of training.

They used custom-made swords. He used a stick.

And in 60 battles, he never lost a single one!

It is, no doubt, a question of one's particular DNA. One's sensibilities. But when I first read the story of Miyamoto Musashi, I felt I had come home.

As I read his story today, I think to myself, "Of course."

It is interesting to note that during his time in the jungle, he spent most of his time training the Mind.

In the culture of the Japanese Samurai, this was the way. The Way was heavily influenced by Buddhist practices aimed at self-realization.

I must confess that, on an entirely personal level, what appeals to me most about Musashi was his utter disregard for the status quo. And his training in the isolation of the jungle.

It shouldn't come as a surprise to any of you that I have little regard for "schools" or "academies" or "traditional methods" of training. For I believe that such things create technicians rather than artists.

They breed a common brand of mediocrity. They are wholly derivative and unoriginal.

And Unoriginal is Precisely what their students become!

While the traditionalists looked down at Musashi's wild and disorderly ways, he no doubt scoffed at the "common-ness" of their style learned in the stale court of lofty "tradition."

It can be safely said that we gravitate toward those things and those people who are in keeping with our own DNA.

We go to the ends of the earth in order to meet such people.
To learn from them. And to have them be with us.

For they are Home.

They are Who We Are!

And if Musashi were alive today, no matter which part of Japan, or in which jungle he roamed . . . I would go to him.

For he is Home!

He is Who I Am!

What does it take to be a modern-day Musashi?

I would say that it is far more about one's sensibilities and philosophies than it is about one's methodologies.

Understand this: Methodologies sprout from core philosophies.

And the primary philosophy of anyone who becomes truly Great is a disregard for the status quo!

It is to understand the unshakable truth that the masses are Always wrong!

It is to understand that the majority opinion in your profession is by definition, Wrong!

Why?

For a very simple reason: Because, regardless of the craft or the country in which it is practiced, the number of people in the entire world who devote their lives To, and who are willing to walk to the ends of the earth For, The Truth could fit in a small room.

A DNA thus wound is inconceivably rare in this world.

It is this way in Professional Sports, Business, Spirituality,

Science, and whatever discipline you wish to name.

Common is common for a reason.

Inspirational inspires for a reason.

It is far easier to teach a “how” than it is to teach a What.

It is far easier to “instruct” than it is to Elicit.

It is far easier to “tell” than it is to Show.

It is far easier to “come holding a recipe” than it is to come
“empty-handed.”

It is far easier to come to the student “hiding behind a how-
to” than is to stand and look him in the eye in order to
discover who he is and the manner by which to make his
Greatness Emerge!

The Norms and the Traditions create a thick atmosphere of
Culture.

And understand, my dear friend, that in such a culture a
human being’s Greatness lays buried never to see the light of
day.

And as he sinks deeper into the Culture, he begins to lose
his way.

For what he often does not realize is that the successes that
he once had came to him Despite the culture and Not Because
Of It!

What Musashi discovered in those ancient jungles of
Central Japan was something that the Norms and the Culture
of his day would have certainly robbed him of . . .

What Musashi discovered in the ancient jungles of Central
Japan was Himself.

He discovered the Truths that others did not have the
freedom to explore.

For truths can only bloom in the wild and free world that is
devoid of rules, culture, and tradition.

I will tell you this: When I look into your eyes, I see the
possibility of Greatness.

I see the bright and luminous reflection of the verdant
jungles of the Ancient East.

I see Musashi standing behind you with his hands folded,
and his head bowed.

For you are about to enter a journey that the world knows
nothing about.

And emerge from it the sort of Artist that it has never
before seen.

When It Is Time



A man once asked his teenaged son,

“Son, you’ve played in many golf tournaments. I’ve watched you since you were little. Tell me about the things I do not know.”

“What do you mean, Dad?”

“I don’t want to lead you or corner you into a response. So I will say very little. So that you can say very much. Say what you wish to say. Speak as long as you wish. I will listen to every word.”

“Sometimes, it’s been very stressful,” he said.

“Please continue,” said the father.

“Well, I feel that I’ve played well below my abilities. I’ve given away tournaments. Sometimes I’ve played stupid. And it’s been the biggest regret of my life.”

“Please tell me more.”

“The other night, I was sitting in my room . . . Thinking.”

“Yes . . .”

“I discovered a lot of things. I noticed that when I spend 6 hours at the golf course every day trying to ‘get better,’ it’s not really a good idea.”

“Why not?” asked the father.

“Because I found that the real reason I work that hard isn’t really to get better.”

“Then why do you do it, son?”

“Because I’m afraid that I’ll play poorly if I don’t.”

“I see.”

“I do it all out of anxiety. It’s all because of fear and anxiety. All of this ‘hard work’ isn’t real. It hasn’t really gotten me anything. It’s just a compulsion done out of fear.”

“So what are you going to do?”

“I’m going to find a hobby. Something besides golf. I’m going to start reading again. And I’m going to go to the course just to do the minimum that I need to do. And do it for a real reason. And not for anxiety. Then come back home.”

“That’s incredible. What else have you discovered that I don’t know about?”

“A few nights ago, I was thinking about pressure. I opened a book from ancient times that you used to read to us at night. And a light bulb went off in my head. I just got it. And I don’t even think it had anything to do with the book itself.”

“What did you discover?”

“Well, it’s something that you’ve told me many times over the years. But I never got it until now. Sometimes we hear

messages but we don't get the message. You can tell me a thousand times a day, or even yell it in my ear if you like, but I'm going to get it only when I get it."

"What is it that you got?"

"I got that there is no real reason for pressure. See, I've always viewed golf tournaments as something to achieve. If it was a qualifier, I'd be going there to 'qualify.' If it was a tournament, I'd be going there to 'shoot a low score' or to 'win.' But it hit me that looking at it in this way makes it a thousand times harder. It just adds pressure for no reason."

"Please continue."

"I just began to look at it as a place to play golf. Whether it's a qualifier, or a regular tournament, or a big tournament, I'm going there just to play golf. That's all it really is. I hit my tee shot, I hit my approach shot, I hit my putt, and go to the next hole. If I hit a cut seven iron on the range, it's no big deal. I hit it good 99 times out of a hundred. Why should it be any different hitting a cut seven iron in the tournament? What's the difference?"

The father nodded and smiled.

The boy continued, “I just want to play golf. If I qualify, I qualify. If I don’t, I don’t. If I win, I win. If I don’t, I don’t.”

The father thought to himself, “I’ve told him these kind of things over a million times. But it all culminated on one
fateful night.”

But the most astonishing thing to the father was that the boy cracked the book from ancient times all on his own.

While the boy learned some important lessons, the father learned one very important lesson that he will never forget.

When does a human being Truly Understand?

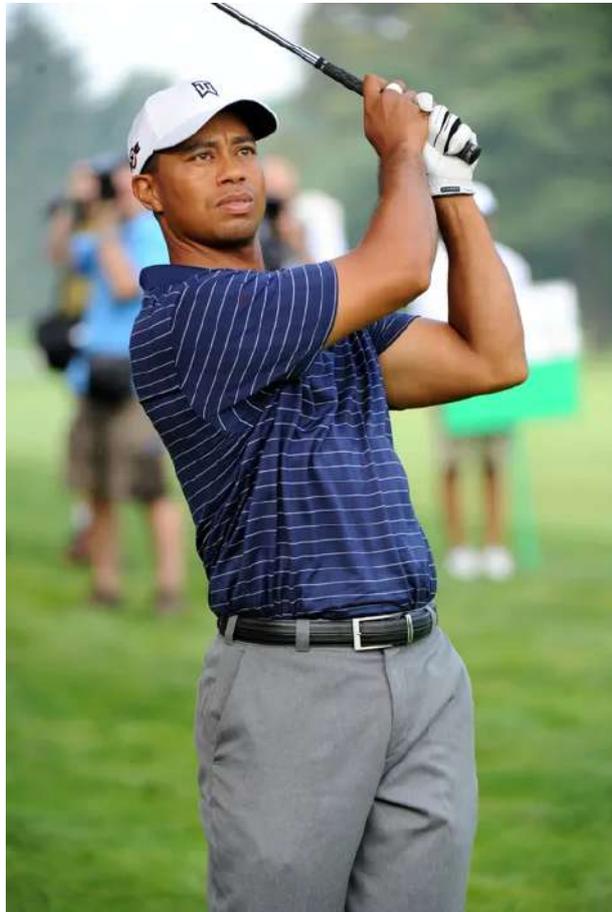
He understands . . . When It Is Time.

I will continue to have more such conversations with my
son.

So that he may show me The Way . . .

. . . Toward the things I have not Understood.

Tiger Woods And Miyamoto Musashi - The Genesis Of Greatness



There has been no other figure in the history of modern sport that has not only captured the hearts of millions, but stopped it stone dead.

Tiger Woods demonstrated to the world a new possibility for golf on the grand stage.

A brilliant star that shone above the heavens to signal the

true possibility of a professional athlete.

Where does such a human being come from?

From whence does such a phenomenon arise?

One might ask the same of Miyamoto Musashi, the greatest swordsman in the history of ancient Japan.

D.N.A.

But not the sort of DNA you might imagine.

By DNA, I do not mean genetics. I do not mean heredity.
Or biology.

By DNA, I mean someone's natural and intrinsic view of
the world and their place within it.

To what degree DNA is inborn, and to what degree it is
formed by circumstance is something I am still on a journey
to unravel.

But from wherever it arises, this is the Source of a man's
station in his life. Whether he is a beggar on main street, or a
celebrated world phenomenon.

Let us discuss the genesis of greatness.

Each of us has sensibilities which we are drawn to. Ideas that capture us. People who inspire us. Ambitions that motivate us.

And I must vehemently state that these are not things that one “should” be drawn to. For this is the habit of the world, to tell one what they should and should not do, and what is good or bad. And to “instruct” and “suggest” and “recommend.”

Banish all such thoughts from your mind.

I have always spoken against “prescriptions” and I will do so until my dying day.

What I am speaking to you about is what is Naturally Intrinsic to a particular human being.

When no one is watching, what is it that he gravitates to like a magnet. No matter which direction he turns, he for whatever reason always returns to an inborn True North.

For some it is social media, friendship, parties, and communion with peers.

For others it is money, wealth, accumulation, and
materialism.

For some it is family, quiet time, and time spent at home.

And for some it is the insatiable and irrepressible need to
become Truly Great.

I once penned a discourse titled, *Genius Is The Domain Of
The Madman*. You perhaps have it in your files.

And make no mistake, it is an utter Madness to become
Great.

It is an Obsession.

It is all-consuming.

It is one's D.N.A.

And this DNA is perhaps a combination of one's natural
way of being and events of circumstance. Perhaps even totally
random events.

For instance, had Musashi and his father not been at odds

with each other . . .

If his father hadn't thrown a knife at him in a fit of
anger . . .

Perhaps Musashi wouldn't have left home at 13 to retreat
into the jungle and become the greatest swordsman the world
has ever seen.

It is a fact that fantastic explosions that are large enough for
the world to see arise from years of underlying churn and
tumult.

And it would not be wrong to say that much Greatness
arises from much Turmoil.

It is perhaps a reliable truth that great artists are created
from great pain and tragedy.

I will forever dispute the Buddhist ideal of "the middle
way" or "moderation." This is patently false. And, dare I say,
complete nonsense.

And I need go no further than the story of Buddha himself.

Before he achieved Enlightenment . . .

Before he became The Buddha . . .

Siddhartha Gautama sat beneath the Bodhi Tree and said,

“Let my skin and sinews and bones dry up, together with all the flesh and blood of my body. I welcome it. But I will not move from this spot until I have attained the supreme and final wisdom.”

I ask you my dear friend, are these the words of a man who was practicing “moderation?”

There is indeed no moderation in becoming Great.

It is a life-consuming siege. And for the man whose veins harbor such a DNA, it is the only way he has ever known. And he could not imagine being otherwise.

Buddhism is an interesting analogy given that Tiger’s Mother is a Buddhist.

Let us delve into the genius and the heart of Tiger Woods from his days of domination and greatness.

From the way he dressed . . .

To the way he walked . . .

To the reclusiveness . . .

To the way in which he slapped the clubhead against his
shoe to shake off the divot . . .

To his isolation at the far end of the range . . .

To the early morning practice rounds when the sun had
barely rose . . .

To the lack of social interaction with his peers . . .

It was all a dance that heralds the Greats.

Greatness walks alone.

It has always walked alone.

It is a part of the DNA.

There is quite often a disdain for the common and the
normal and the garden variety.

Even as Tiger hit soft wedges onto a verdant green, there
was a grace to it.

It might even be said that Grace Itself hit those shots.

While the millions are in awe of Greatness . . .

I will state in a soft voice that Greatness is often in awe of
itself.

I mentioned earlier that circumstances are almost certainly
a part of the genesis of Greatness.

And for a generation of young professional golfers, several
of whom have become stars in their own right, for them the
“circumstance” was Tiger Woods himself.

His star lit up their hearts.

And stirred their imagination.

But Tiger Woods they are not.

Because the unique strand of DNA forged by his own set of
unique circumstances created a look in his eye and a firmness
in his stride that is simply unmatched.

And the modern breed of professional golfer is prey to a menace that derails Greatness before it begins.

What is this menace?

It is the Kryptonite to Greatness.

And it flows so abundantly in today's water streams that almost no one escapes its effects.

What is this poison? This menace? This Kryptonite that prevents men from becoming Supermen?

Instruction!

An "instructor" might help to create a painter who can sell his wares at the local market.

But never in his life will he create a Picasso.

For Picasso's and Rembrandt's are created by Nature.

And Nature does not need the help of Man!

Nature cannot be "improved upon."

I will not delve into Tiger's problems off the golf course.
For that is neither my business nor my interests.

No man has the right to judge another. But oh how quick
the world is to judge and condemn.

It is for this reason that isolationism and reclusiveness is
not only a hallmark of the Greats, but also of the wise.

For this world has nothing to give you. It is a fair weather
fan. And the wise man remains in his cocoon free from its
poisonous tentacles.

Tiger Woods dominance was, in my opinion, not because of
"instruction" but Despite It!

You may gently and very loosely and with great care and
trepidation whisper to an Artist.

But you do him a great disservice if you try to "instruct"
him.

You may instruct a "technician."

But if you try to instruct an artist, you will rob him of his

art.

Can Tiger Woods become great again?

Tiger Woods has never stopped being great.

Any more than Musashi did.

Shall we discuss the difference between these two artists?

Musashi was a complete recluse. Who believed in teaching himself.

When he would visit the “instructors” and “leading teachers” of his day, he would challenge them and their greatest students to a duel in order to demonstrate his art.

He never lost a single battle.

Musashi was an artist who could not be “instructed.”

For his art was beyond the reach and the grasp of mortal man.

And this is the way it has always been for all True Artists.

But modern man is a sheep-like creature. Though he walks
on two legs rather than four, he is ready to jump off the cliff
like his brethren.

Tiger Woods has not lost his Greatness.

He has simply lost himself.

But that which has been lost can Always be found.

But it cannot be found in high definition screens of swing
videos and launch monitors.

Nor in the technical jargon of modern instructors.

It can be found in the quiet of his room. With the lights
turned off.

When all is silent, a man confronts the voices that speak to
him from within.

And he begins to analyze the verity of the words.

He begins to see the landscapes of his youth.

And the sounds he used to hear.

He goes on a Journey to discover the Musashi within him.

And the verdant jungles that were his training ground.

From the quiet and playful days of his childhood . . .

To the innocence of his Journey to the top of the world.

Greatness never leaves a man.

Men choose to leave Greatness. For they begin to listen to
the common words of modern men.

Tiger Woods is very much alive and well.

May he find the road that leads him back to himself.

In the isolated and beautiful jungle in which he once
roamed as a King.

The Truth About Being A Highly Respected, Highly Celebrated, Multiple Winner On The PGA Tour



I will state right at the beginning of this discourse that this is for the tour player who Genuinely seeks Greatness.

If I may be frank, there is enough nonsense and bullshit in the world of professional golf to fill all the earth's oceans three times over.

I have no interest in speaking to the “masses.”

And I have no interest in speaking to simply the average,
run-of-the-mill tour player.

In the movie, *Miracle*, coach Herb Brooks said to his
history-making Olympic hockey team,

**“This cannot be a team of ordinary men. For ordinary
men go nowhere!”**

Damn straight!

This discourse is Not for the ordinary player.

What I am about to say is meant for the tour player who is
Serious about becoming Respected.

Serious about becoming Celebrated.

And serious about becoming a multiple Winner on The
PGA Tour.

I will speak only The Truth.

I will speak from my direct experiences.

I see these things regularly in locker rooms, driving ranges,

and on the courses around the world, at PGA Tour and European Tour events in which my player consultations take place.

And not only professional golf. Such things are quite the norm in all professional sports.

I am a child of The East. And I have very little patience for wasted time.

And my words are tailored for that One in A Million individual who was born with just the ears to hear them.

Let's lay it all out, shall we?

No holds barred.

No nonsense.

No diplomacy.

No beating around the bush.

Ready?

Let's go.

First off, a word about the field known as “Sports psychology.”

Simply put, it isn't for the serious. I don't know what more to say about it. It is silly, cosmetic, “scientific jargon-filled” nonsense that is little more than a bag of tips and tricks to help one become “mentally tougher.” (whatever that means).

I'm not sure if you've noticed, but “sports psychologists” all say the same things. And the things they say are obvious to even an elementary school child.

A few tour pros have even gone on record saying as much.
And they're perfectly correct.

I'm not here to “psychologize” you.

I'm here to tell you The Truth.

Because that's all I know how to do.

And, frankly, it's all I'm interested in.

We live for a very short time on this earth. And if we don't live having known The Truth, we've wasted our lives.

Okay, let's get right down to it.

I'll give you The Truth to the things listed in the title of this discourse. I'll give it to you Raw.

BEING RESPECTED ON THE PGA TOUR

Then, I'll go into each Truth with greater detail.

Being respected on the PGA Tour is no different than being respected in any walk of life.

Who are the ones who are the most respected?

Remember, we're not talking about feel-good, glossy magazine, dear Abby nonsense.

We're talking about The Raw Truth.

The sort of Truths who even if they were known wouldn't be allowed to be printed or televised.

The most respected people in this world aren't the ones

who are the kindest. Or the nicest. Or the most generous. Or
the hardest working.

**The most respected people in the world are the ones
who don't give a damn about gaining anyone's respect!**

They are men of their own unique DNA.

They know who they are. They know their cause. They
know what inspires them.

But they couldn't care less what the world thinks of them.

Why is this so?

Because, you see, when a human being stands in front of a
man who couldn't care less if he was accepted or understood
or believed or sympathized with, the human being begins to
respect him.

Not because he Wants To. But because he simply cannot
help it!

***It is in the nature of the human mind to chase that which
ignores it. And ignore that which chases it.***

Naturally, the question will arise, “How is it that a man can stop caring about what the world and his peers think about him?”

Understand, my friend, the following Secret:

Questions create the path. Answers remove one from it.

The question is Not “How does a man stop caring?”

The Real Question is, “Do you Really and Genuinely wish to live in the glorious freedom of not caring about what anyone thinks of you?”

If you do, then you must understand human beings. And more importantly, you must understand the Human Mind.

I didn’t say “psychology.” For psychology doesn’t so much as lay a finger on the mind. It simply hovers around it, at a complete loss as to how to enter.

You see, Indifference is a cultivation. And it is perhaps the most powerful and liberating cultivation any human being can pursue.

There is a specific journey for cultivating Indifference.

And understand, that caring about what the world thinks costs you millions in your bank account, and more importantly, billions in your experience of life.

The Truth is, that the man who cares about what others think . . .

The man who has Not cultivated Indifference . . .

Tends to live a life in which he feels trapped inside of an 8×8 jail cell. (Read: The Diamond-Studded Shackles Of The Professional Golfer: <http://bit.ly/2deRa0Y>).

The one who goes on a journey to cultivate indifference will never again feel the need to “look up” to any of his peers.

Or to feel the shame of being watched or talked about behind his back. Such things are all too common in professional sports.

Following his transformation, he will have adopted a very different sort of look in his eye. And the instant that his peers see it, they will know that This is a different man than he once was.

They will gain admiration for him.

Why?

Because it will be the sort of look that they themselves do not have.

BEING CELEBRATED ON THE PGA TOUR

Which professional athletes are celebrated?

The ones who are successful, yes.

But there is one trait within a professional golfer that leads to his celebration, respect, adoration, and most definitely, his success on the golf course.

What is that?

Ownership!

He must own Himself.

And in owning himself, his game will nestle at his feel like

an obedient dog.

Once again, tour pros have been given faulty information. They've been taught to work hard on their swings, spend hours on the range, play "aggressive," fix their backswing, fine tune their Trackman numbers, monitor their stats . . .

They are taught to Rent . . .

And to Lease . . .

But never to Own.

And if they are taught to own at all, they are taught to own "their swing."

Shall I tell you another secret?

The swing cannot be owned through "instruction."

There is an entire volume of Secrets that tour pros have simply never been told about owning their swing.

But let's leave that for another time.

Here's The Truth:

You must own yourself First.

And your game will come to you.

Then once the game comes to you (and it always, always does), then we begin to tame the game, until you own IT as well.

It is This Ownership that leads to Respect, Celebration, and Wins.

WINNING MULTIPLE TIMES ON THE PGA TOUR

What does it take to win multiple times on Tour?

What does it take to win Majors?

Naturally, you will hear the “noise” of recycled air that circulates through the vents on the PGA Tour.

And when you hear it, it might be difficult to tag it as noise. Because it will sound intelligent and logical.

You must have a good short game. You must have a good putting week. You must be straight off the tee in the majors, as the rough is grown out. You must be mentally strong. And so on and so on.

There is nothing in such advice that has a laser-like precision. It's vague. And only partly true.

As a result, tour pros practice in vague and partly true ways.

It's all a background hum.

It's neither here nor there.

Evidence for this lies in the enormity of talent, skill, and ability that exists in those tour players who haven't won a major.

Are you telling me that all the players in the last few years who've won majors have done so because they have More talent, More skill, and More ability than the ones who haven't?

Can you really get yourself to believe this with a straight face?

Is this The Truth?

Some of these players have won Multiple majors in the last few years!

It's not about talent, skill, and ability.

It's about THOSE players knowing things that the non-major-winners do not.

One of those things is Discipline.

I can perhaps list on one hand the number of players on the PGA Tour that play with strict discipline week in and week out.

A number of years ago, in fact, Jack said that the Only disciplined player he could identify on the entire tour was Tiger.

Shall I tell you a secret?

Tour players have a dirty little habit that they can't seem to get rid of. And they often don't even realize they have it.

They do it on the course. And they do it off the course.

And a big reason they do it is because their fellow players
do it.

And another big reason they do it is because it's what the
media constantly talks about.

The culture of professional golf is mired in such nonsense
and falsehood when it comes to playing truly Supreme Golf
that few ever emerge from the fog of lies.

The dirty secret is this:

Tour Players have a habit of Chasing.

Chasing wins.

Chasing birdies.

Chasing accolades.

Chasing money lists.

Chasing eagles.

Chasing everything.

Shall I tell you yet another Secret (how many does that make in one discourse?):

That Which You Chase Will Run From You.

It's a lesson of life.

And most definitely a lesson of professional golf.

You might find this difficult to believe, but what I've told you is literally the tip of the proverbial iceberg.

There are so many Truths that would literally transform a tour player's life, winnings, respect, and bank balance. Almost overnight.

But they are meant for The One Who Genuinely Seeks Greatness (In fact, this is the title of my upcoming book exclusively for Tour Pros).

As they say in The East, when the student is ready the teacher appears.

I would go further:

When a man is Genuine and Sincere about walking a journey toward Greatness, it is then that he is ready to have greatness bestowed upon him.

For Great is what nature intended for him to be.

How Pro Athletes Can Genuinely Be Resurrected



I speak often with coaches from a variety of professional sports. I enjoy talking to them because they are good people.

And when we talk, they display an honesty that is indeed a treasure to me.

I simply love Sincere human beings.

Years ago, I had a conversation with a golf coach.

He asked me a wonderful question.

He said, “Kapil, I’ve noticed that players have it for a while. But they always seem to lose it. Why?”

“What do you mean by ‘it’,” I asked.

“I guess you’re right. ‘It’ can mean many things. I guess I’m talking about the precipitous fall. They were once the adoration of the world. They were great. But then for whatever reason, their career takes a rather severe turn for the worse. And this continues for years.”

“It happens in all pro sports. But you especially see this phenomenon in golf.”

“I know. That’s why I’m asking.”

“What kind of response are you asking for?” I said.

“What do you mean?”

“Are you asking for The Truth?”

“Can I make a confession?”

“Sure.”

“When I first asked it I was more curious than anything. But now that you said what you said, yes I do want the absolute Truth.”

“Okay. Do you remember what Galileo did?”

“Sorry. No.” he said.

“Galileo discovered that the earth revolved around the sun. Do you remember what the church did?”

“No.”

“They called him a heretic. And condemned him to house arrest. Where he lived for the rest of his life. It wasn't until 350 years later that they admitted that he had been right all along.”

“I see.”

“The exact same thing has been going on in golf. In golf they have essentially been saying that the sun revolves around

the earth. And with each passing year they are beating this drum louder and louder. And the worst part about it is that pro golfers have to suffer a revolving door because of it.”

“I’m listening.”

“So the first thing to understand is that the player who has a precipitous fall as you say has had it done TO him. Not BY him. It’s Not his fault!

“Okay. Go on.”

“Then comes the nail in the coffin.”

“What’s that?”

“The Imposter Mind Affect. I’ll explain it with an analogy. Before you lay down mulch for the first time, you put down a black tarp-like material to prevent any sunlight from getting to the soil, and to prevent grass and weeds from growing in the mulch beds, right?”

“Right.”

“Okay. If that tarp-like material gets torn even in the slightest, slowly but surely grass and weeds will begin to

germinate in the mulch bed, right?”

“That’s right.”

“When this player was at the top of his game, his mind was like the lawn. There was only soil and lush green grass. And lots of it. But then by living in a culture whose very air is filled with ideas that are half-truths at best, these ideas begin to enter his ears, his brain, and his bloodstream. And guess what this creates?”

“Confusion?”

“Yes, but more specifically, it creates a Tear in the black tarp-like material. Now something very interesting happens. The soil becomes exposed to the sunlight and seeds begin to germinate and grass and weeds begin to grow where they shouldn’t.

In other words, the tears in the fabric are the half-truths that are produced by the culture. The misplaced grass and weeds are the new identity that becomes formed. And fascinatingly, the mind begins to identify with this new identity. So much so, in fact, that it replaces the original one!

It’s like a train that’s now running on the wrong track.

When it was on the right track, it glided along with a sweet hum. But on this new track, it stops and sputters and doesn't know how to run. The Mind now identifies with an Imposter. The Greatness this player once exhibited is actually his true identity. But the repeated tears in the fabric have caused an overgrowth of an identity that has simply overtaken the entire lawn.

“I've never heard anything like that in my life.”

“We're all nothing more than slaves to our mind. Until we begin to understand it. That is the beginning of Freedom.”

“So what you're saying then is that this player is walking around with a mind full of weeds. That he's identifying with someone he's not. Is this correct?”

“Precisely.”

“So how does he remove the weeds and get back to who he really is?”

“This is yet another delicate undertaking. It is very seductive to simply try to pull the weeds out. But you never do that. That's dangerous. It simply creates other side effect. Never do that! You guide him in such a way that the weeds go

away by themselves.”

“How?”

“The only way is to go on a journey. A Sincere journey. To conquering the mind. And it all just sort of happens by itself.

Sorry, but I can't give you a play-by-play on this.”

“Would you say that this phenomenon is happening to pro golfers who haven't yet had the precipitous fall but are struggling in one way or another?”

“It's happening to everyone. At all times. Even as we speak. In varying degrees.”

“Then you really need to reach out and tell everyone.”

“I'm not too sure about that.”

“Why not?”

“Because I understand human nature. But I will say this. For the one who comes to me and is Ready, I'll make it available that very afternoon.”

Becoming The Best God Damn Golfer In The World (And I Don't Have Time For BS)



For hundreds of years, you've heard people tell you, "There aren't any secrets. It's just good old-fashioned hard work."

If that were true, wouldn't it mean that everyone who "worked hard" would become the best in the world?

The thing about people who give false information is that they always have a rather weak and false comeback to

anything that you challenge them with.

If you tell them what I said about everyone working hard but not becoming the best, they would reply with, “Yes, they have worked hard. But they didn’t work hard enough.”

Okay. Then how “hard” is hard enough?

You see, this is what happens when you follow societal jargon, instead of being committed to finding The Truth.

Let’s state some Truths.

And by the way,

If you don’t want The Truth . . .

If you want all punches pulled . . .

If you’d rather hear gentle lies . . .

Go read the latest golf magazines and listen to the chatter that goes on on the PGA Tour range before a tournament.

Here are some Truths:

Professional Golfers are hard-working people. They work

plenty “hard.” And virtually all of them are Way Better than their career will ever show. Ever! Ever! Ever! It’s a virtual certainty.

They will leave millions and millions of dollars on the table every year.

They will never have won a major. Or one or two at most.

And most importantly, they’ll retire never having known how much they could have achieved.

Is ignorance bliss?

I suppose.

But getting your due is far more blissful.

And getting what a player’s talent demands is his birthright!

If you’re a PGA Tour player reading this discourse, let me make a few comments, then I’ll ask you a few questions:

You chug along at 15 miles per hour in your career. You probably have between 1 and 4 wins worldwide. You have

some healthy endorsements. You make a million or two a year. And you keep dreaming of more wins. Especially majors.

You look at the guys on tour who have ten times more than you do. More money. More respect. More star quality. More media time. More wins. And More Majors than you. And though you'd never say it publicly, you think to yourself all the time,

“Why the hell does that son of a bitch get all these things and I don't? I know I'm at least as good as him, and probably better.”

While he's sitting in Butler cabin being fitted for the Green Jacket, you're cleaning out your locker getting ready for the plane trip home. He's flying home in a private jet. And you're flying coach on Delta or American, plugging in your details at the kiosk so that you can check in your 2 bags with a maximum weight allowance of 50 pounds (which your golf bag sometimes exceeds). While the guy at the top who you see in player's tent, and have even had lunch with and played a few tournament rounds with, is being whisked away in a shiny black suburban with tinted windows right to the tarmac, where someone loads his bags for him and he plops down in a tan leather chair sipping champagne and listening to the sweet

hum of that private jet.

Your 4 rounds in the mid-70's at Augusta either left you at around 50th place, or you missed the cut. And if you missed the cut at Augusta, you were on the Master's range on Saturday morning hitting balls with the other cut-missers.

Let me ask you a question:

What if one day, God came out of the sky and said to you the following, "Listen, I've been watching you since your days in junior golf. And I just had to come and say this because I just can't watch this anymore. Do you know that you were supposed to win 7 majors? And 35 tour events? Did you know that you were supposed to have a bankroll of 72 million! Instead, you're struggling on cut lines and scratching together a win or two, if that. That's not what was written for you. And as for the guys who win regularly and become marquis players. Man, that was supposed to be YOU!"

Listen, I'm not a "sports psychologist."

I have absolutely no interest in giving you nonsensical advice about your pre-shot routine and thinking positive thoughts.

I'm here to tell you plainly and factually that you are not
where you were meant to be.

You're not where the Gods had created you to be.

I'm not talking about taking what isn't yours.

I'm talking about taking what was meant for you. Taking
what is your birthright. Your allotment. Your share.

In your head . . . hell, by now it's in your blood . . . you've
unfortunately talked yourself into the idea that the place in
which you find yourself is who you were meant to be.

That you weren't meant to have Tiger or Jordan's sort of
success.

That you still have some things to "work on."

Let me tell you something, those things that you've
convinced yourself that you need to "work on" are things that
you'll forever be "working on."

Don't believe me? Just look at your last 7 years on tour.
How's that working for ya?

In fact, you want to hear something funny? (well, sort of funny).

The things that you're convinced that you need to "work on" before you can become great, are the things that the guys at the top are working on too.

The difference is . . . and oh boy is this a key difference . . . they're working on it WHILE they're at the top, and you're working on it TRYING TO GET to the top.

Doesn't that sort of tell you that the things you're working, while they may be important, aren't really the things that are standing in your way?

Ya think?

Oh and by the way, the top guys are more than happy to let you believe what you believe, so that there will be one less contender in the field.

Less for you. More for them.

Here's a secret. Come close, so I can whisper it in your ear:

(They kinda need you to be where you are, so that they can

stay where they are.)

You want to hear another dirty little secret that no one's ever had the stones to tell you.

Well, here it is:

You know that jet that they fly on?

Well, they paid for it with YOUR money.

The money that you leave on the table every god damn week. (They're saying, "Thanks bro.").

This is the way it always is.

This is the way it's always been.

In every professional sport in the land.

The haves have.

And the have-not's have not.

You want to hear another secret?

And this one might blow your mind even more wide open.

All those little things you want to “work on” can be worked on AFTER you win several majors.

That’s what the guys at the top are doing.

They’re “working on” their stuff while wearing a Green Jacket and bathing in millions.

And you’re “working on” your stuff wearing a clothing manufacturer logo, believing that it’s the stuff you have to “work on” that will get you there.

But let’s be Even More honest, shall we? Let’s not beat around the bush.

In your heart, you know that even if you “worked on” this stuff for the next 12 years, you still wouldn’t be the Best Golfer In The World.

C’mon. Admit it.

Don’t BS me.

Like I said, I’m not a “sports psychologist” and I’m not a

“yes-man.”

And while the top guy is working on winning his 8th major,
you’ll still be working on mustering up the courage to make
yourself believe that you can win Just One.

I feel your pain, my brother.

I’m not here to put you down.

Nor am I here to “motivate” you.

I’m here to tell you The Truth.

Listen, what you do with your life won’t affect me one way
or the other.

But it will affect YOU!

It will affect Your Children!

It will affect Your Significant Other!

Because as you struggle, they struggle.

They’ve been on this journey with you for a long time.

They've cried over your losses. They've given you hugs.
They've been there for you.

So when you leave the Millions and the Majors on the
table . . .

When you leave your birthright Unclaimed . . .

You're not just hurting yourself.

You're spitting in your family's face!

You can quietly say to yourself that "you're not worthy of
it."

But what you don't seem to realize is that by doing so,
you're looking each one of your family members in the face
and saying, "None of you are worthy of it either!"

Can I give you some secrets that will transform your game
and make you have more success?

The answer is yes, I can do that. And frankly, it won't take
much time and it won't be very hard.

But it won't mean anything unless you first take to heart

everything I'm saying to you now.

You know what?

I've been sitting inside the mind of professional athletes for many years now.

In the Champions locker room at Augusta (where, by the way, YOU should be), I've seen and heard the mind whisper lies to players.

That's what the mind does.

But player's don't really know this.

How could they?

The loudest voices come from "sports psychologists" who speak such silly, god-awful, stale, academic, nonsensical bullshit that it only confuses the players even more.

Let me not get started about "sports psychology."

Anyways, there are so many Truths that you've just never ever been told, brother.

And not knowing them has a consequence.

Boy, does it ever.

Not knowing The Truth costs you financially.

Not knowing The Truth costs you emotionally.

And it definitely costs you professionally.

Let me leave you with one final secret.

Listen, I don't give a hoot about optimism or pessimism. I
only believe in The Truth.

And The Truth is that, according to the odds, where you are
Today is pretty close to where you'll be at the end of your
career.

Really and Truly. Sorry to say it, but it's the unfortunate
Truth.

Why?

What can I say, man?

You want me to lie to you?

I'm not gonna fill you with smoke. And, like I said, I'm not here to try to "motivate" you either.

Because what I've learned about human beings is that they almost never change.

They just . . . don't.

Do I want it to be this way?

Do I wish that you would change, and that you'd all of a sudden have this rabid desire to know The Truth and transform your career and become The Number One Golfer In The World?

I'd love for you to.

But like I said, what you do with your life and career doesn't affect ME at all.

It's about You.

It's about Your Career.

And it's about Your Family.

Could you be one of those rare Tiger-like one in a million players who sees the light and becomes hell-bent on winning north of 10 majors and becoming an International Super Star?

Well, I suppose it's possible. But the extreme right side of the bell curve is pretty slim, if you know what I mean.

You and I have never met. (Perhaps we have in passing at a Tour event, but that's about it).

So I don't really know YOU.

But what I do know is human nature. And the odds are pretty bleak.

Because no matter how much money you pay me, you'll make ten times more in return.

That's just The Truth. Take it or leave it.

Do I have an ulterior motive?

Damn right I do.

My ulterior motive is to make you Great.

Why do I want to do that?

Because I want to make a living?

No.

Whatever money I get from my clients pays for boring things like my mortgage and my light bill.

And yes, it pays for luxuries too, but not many because I'm really not materialistic . . . at all.

Then why do I want to make you Great?

Because it's FUN!!!!!!

To go on a Journey to the top of Everest recruits all my resources, sharpens my focus, and inspires me to no end.

That's who I was created to be. I started this consultancy only once I was able to offer to my clients what No Other Person on the entire planet could offer them.

And make no mistake: What every human being on this Earth seeks more than anything else is ENGAGEMENT.

To be so completely lost in the ascent of their craft, that they become a madman with blinders on!

Listen, if you're looking for a tip or a way to get incrementally better so that you can basically stay where you are and never ever become Great and remain in the shadow of the top guys, there are many sports psychologists who'd love to talk to you. Don't Call Me for that.

In fact, knowing myself the way I do, I might make an excuse and hang up on you.

And I'll be honest with you, and it's probably not something you've heard in the protected environment of the PGA Tour.

I don't revere my clients.

I'll say it again.

I Don't Revere My Clients.

I've worked with the biggest names in professional sports, not to mention, billionaire CEO's.

And I didn't revere them either.

What I revere is their INSPIRATION!

What I revere is their Desire To Know THE TRUTH!

What I revere is their no-holds barred, don't-give-a-shit,
burn-all-goddamn-bridges, frothing-at-the-mouth desire to
become not only THE BEST, but . . .

THE ONLY!

To become a God Damn Legend in their field!

Because that is what nature intended for them.

And damn it if they were gonna leave that on the table!

And brother, that's what nature intended For You Too!!!!

THAT is what I revere!

The Putting Hoax That Virtually Every Tour Player Falls For And How You Can Avoid It Completely



Putting is the least “scientific” and most instinctive part of golf.

And the world of modern “technology” and “instruction” will see to it that Instinct is out of the game forever.

The following is a conversation I had with a professional golfer. And I haven’t met a tour player yet who hasn’t fallen for the complete hoax that this tour player fell for.

It’s a hoax in the name of “science.”

“Doc, I’m going to get a new putter.”

“Okay, let me know when you’ve got it and we’ll get to work.”

“You want to come with me? I could use your input.”

“Why do you need my input?”

“Why not?”

“Who’s the player?”

“Me.”

“Whose going to hit the putt?”

“Me.”

“Whose going to look at the putter as it sits in front of him?”

“Me.”

“Whose going to feel how the putter feels in his hand?”

“Me.”

“Then why do you need ME?” I said.

He paused for a moment. And then he said, “Well, it’s not just going to be me, Doc. I’m going for a putter fitting.”

Tailors adjust the lengths of the sleeves and the size of the inseam in order to “fit” the player’s physique.

I can understand a “clothing fitting.” I can even understand a “golf shaft” fitting.

But now we have “putter fittings.”

Yes, I know, I’ve heard all about the “putt labs” and slow-motion cameras.

The conversation continued . . .

“What do you mean by a ‘putter fitting?’” I asked.

“They video my stroke and get some numbers and see how the ball rolls.”

“Why do you need that?” I asked.

Whenever I ask such questions I always get looks of confusion. And the reason I get looks of confusion is because of the following:

When you live in a world in which everyone does the same thing and everyone talks the same talk . . .

No matter how ridiculous the talk is . . .

No matter how illogical it is . . .

It’s perfectly accepted.

Here’s a Truth:

If within any industry a particular idea is widely accepted, it’s wrong!

Period.

“When you pick up a putter, does the feel of the putter not tell you if you like it or not?” I asked.

“Yeah, but I want something that’s best for me.”

“Sorry, I don’t understand.”

He said, “Just because it might FEEL RIGHT, the numbers may tell a different story. And if the ball rolls better, that tells me that that putter is Better For Me, even if it doesn’t feel like it’s the best for me.”

“So what you’re saying is that you look at a putter, not as an instrument to wield, but a sort of medicine to swallow?”

“What do you mean?” he said.

“When you’re sick, you take medicine, right?”

“Yeah,” he said.

“Does that medicine always taste good?”

“No, it usually tastes terrible.”

“But even if it tastes terrible, you swallow it because it’s good for you, right?”

“Right.”

“So, this is how you look at putting, as well. You’re surrendering YOUR FEEL in exchange for the digital readout of a MACHINE. Because you believe that somehow the machine knows better than you?”

“You have this freakish way with words, Doc. You always turn things around on me.”

“I’m not turning anything around on you. The reason you’re beginning to feel uncomfortable is because you’re coming face to face with the ridiculousness of this idea that you’ve been sold.”

“But I’m not the only one doing this, Doc.”

“And your point is?”

“So tell me what I should do, Doc.”

“I’m not going to tell you what to do. But let’s look at logically, okay?”

“Okay,” he said.

“When you strike a ball with a putter, can you not see which way it goes?”

“Yes.”

“Then why do you need a machine to tell you that?”

“To see if my stroke is correct.”

“If you aim the putter on a certain line and the ball travels on that line, that’s a good thing, right?”

“Yes.”

“So what does it matter what type of ‘STROKE’ produced that?”

“Just trying to get better,” he said.

“I’m assuming you want to have a real, intelligent, and logical conversation. But you keep throwing irrelevant cliches at me.”

“Sorry. Go on.”

“Okay. If you can putt the ball on the line that you intend to putt it, what can be BETTER than that?”

“Okay, but sometimes I feel like I’m aimed one way and the ball goes the other way.”

“Are you CERTAIN that you were aimed where you thought you were?”

“Not completely certain, no.”

“So we can test that in about 4 minutes, can’t we?”

“Yes.”

“Do you know HOW to aim yourself to the left or right?”

“Yes.”

“Then why do you need a machine to tell you that?”

“Doc, the machine can give you a precise look at impact to see what you’re doing. The human eye can’t see that.”

“Fair enough. When you hit a chip shot, do you use a high speed camera to see what happens at impact?”

“No,” he said.

“Isn’t the wedge moving even faster than the putter?”

“Yes.”

“Can your eyes see what’s happening at impact during that chip shot?”

“No.”

“When you were learning to chip, you made any and all necessary adjustments in order to get the ball to travel on your intended line, didn’t you?”

“Yes.”

“Did you do that with a machine?”

“No.”

“When chipping, you use your instinct. But when it comes to putting, you need a machine?”

“So tell me how I should do this putter fitting, Doc.”

“Pick up the putter. Setup to the putter. See how it looks to you. See how it feels. It’s weight. It’s ease of movement. How

it feels when you strike the ball. How balanced it does or doesn't make you feel. Human things. Not 'science' things.

**We then went to work on the Subtleties of Putting.
Green Reading. Perceptions. The Natural Judgment Of
Speed.**

Nothing whatsoever having to do with "stroke" or "path"
or "mechanics."

Putting, the NATURAL WAY.

The modern athlete is at a Disadvantage for living in an era in which technology reigns supreme. While technology has certainly made advances in many fields, its effects have been more detrimental than helpful.

And the reason for this is:

The Tour Player has been taught to mistrust and, quite frankly, Disregard the Genius he was born with!

He's been taught to move away from that which he can Own, toward that which he constantly has to Rent!

He doesn't live within the world of reality. He lives within

a world of glimmering mirages.

And by the time he realizes he has been chasing a mirage,
his career has passed him by.

So the most Urgent Thing for any Tour Player is to Unlearn
the nonsense.

And become Natural again.

Because Natural is the closest thing there is to Perfection.

The Siddha Truth About World Class Human Performance



I have spent over 25 years lost in the labyrinth and the chiaroscuro of the Human Mind.

From where this undeniable fascination arose I cannot explain. It has been my sole focus for almost half my life.

And it invests my daily existence. Every moment. Of every single day.

I do not view it as an occupation. Or a work. Or an activity.

Or a discipline. Or a trade.

If I may be precise I would be forced to say that one could seriously argue the fact that I exist at all. It is only This that exists.

This mania. This obsession. This utter fascination. This uncontrollable momentum and drive toward a discovery of all Truths.

I have another confession: The things that I have learned are not necessarily of my own doing. This is one of the Truths that I have learned in this Journey that has taken me as a willing hostage.

The Truth is this: The individuals in any field who know what others do not, who have achieved what others have not, do not owe their prowess to an anatomical or acquired form of intelligence. They owe it to Grace. They owe it to the Universe.

Put succinctly: When a human being is smitten and obsessed with a particular cause, the Universe senses his sincerity of desire, and allows him or her Access to its Secrets.

It is this way with the Rembrandts and the Einsteins of the

world. And it is this way with as Gordon Gekko eloquently put it, “Those who pull a rabbit out of a hat and the world is left wondering how he pulled it off.”

I have often mentioned (in private) that most of the Truths that have been fortunately bestowed upon me, I will take to the grave.

After making such a statement, my Mind urges me to quickly explain so that you will not misunderstand me.

But I will not oblige the Mind’s desperate request. I will not explain. I will only provide a quick statement for those who might understand.

I do not know how many people there are in this world who are Desperate and Genuine and Sincere in their desire to know The Truth. But I cannot find the motivation within me to reveal the Truths to those who are fundamentally Unserious.

As those of you who have become clients can attest, with You I hold nothing back. With You, I have so much more to share. What troubles me most is that the Truths come so fast and from all directions that I must take each one of them, decode them into language, and dispense them to you in such a way that they reach directly into your bloodstream without

being detected by your Mind. In this way, it will not have the opportunity to cause you to Think and Deliberate, and thus sabotage their arrival.

Whether it is in helping guide a former World Number 3 on the PGA Tour back to greatness, or a performing artist attain Peace and Freedom within himself after years of assault from the media and the caustic environment of Hollywood, The Truth is the Only thing that actually works.

In the Champions Locker Room at this year's Master Tournament in Augusta, Bernhard Langer was telling me the Truths that he had learned in his career. Someday I will write a discourse about this conversation. Bernhard is The Truth. I will perhaps also write about a multiple major winner who was hitting balls next to my player on the Master's range, expressing to me that his mind took hold of him so completely that "I cannot hit a %&%& shot." Of course, I cannot reveal his name. But such a celebrated player, such a lovely human being, ensnared by the Mind and the Culture. This could have completely been avoided if he had been told the Truth.

What is The Siddha Truth about World Class Human Performance?

The society and its coaches will tell you the following about trying to improve your performance: Hard work. Technical instruction. Positive thinking. Self-talk. Aphorisms. Positive body language.

The Siddha Truth

Let us address the concept of hard work. If you are receiving this discourse in your inbox it is because you are, or have been, among the Elite in your field. You have no doubt “worked hard.” But you will also concede the fact that others in your field have also worked hard. If I may take it a step further, you will perhaps also concede the fact that there are those who have not worked near as hard as you, but have managed to garner results superior to yours.

What is the Siddha Truth about hard work? Hard work is essentially an Anxiety. Hard work is less often the result of true learning, and more often the result of trying to “keep up” so as not to get left behind. But this “keeping up” leads to little more than an empty chase. And a hollow heart with nothing to show for it. Hard work is a false concept. It is, at its practical core, an Anxiety.

As for technical instruction, no man ever loses his

technique. What he loses is the Freedom and the Confidence to allow it to wield and govern itself. He loses the trust in his body to act of its own accord, independent of his conscious interference. Thus, he seeks all manner of technical instruction in order to “re-teach” a masterful body a skill that it already possesses. And in so doing, he loses Access to the talent that has never really left him at all. Though he swears before the cross that it has. The Ultimate Technique is the Techniqueless One.

Positive thinking, self-talk, aphorisms, and body language are like asking a bird to sit on a branch and flap its wings in order to convince itself that it can fly. If the bird leaps from the branch relying upon such an activity to keep it afloat, it will drop to the ground like a stone. The bird’s wings do not need false encouragement. The bird would be wiser to explore the question of why it feels that it cannot fly, than to occupy itself with disingenuous and cosmetic attempts to convince itself that it can.

The Siddha Truth about performance is this: To attempt to make a professional athlete or an executive or an artist to “perform better” is a terrible mistake. For to do so is to misunderstand the genesis of performance.

Performance, you see, cannot be a Goal. It is, and always

will be, a Side Effect. It is the Result Of . . . It is a Reaction To . . . It is precisely for this reason that man performs better when he does not “try.” But if he tries not to try, the mind sees through his cleverness, and sabotages him once again. The Human Mind does not respond to “psychology.” It can only be coaxed, captured, and subdued by an intimate understanding of its subtle elements.

It can only be conquered by The Truth.

One of the greatest Truths in the world of world class human performance is the state of No-Mind. It is the Holy Grail.

The professional athlete or artist who does not realize this will live a life well below what their talent deserves. He will fall prey to the lies that the subculture tells him. He will be a victim of coaches who are interested in pleasing him and giving him gentle lies because they are desperate not to be expelled from his inner circle. (You have no idea how prevalent this is in the world of professional sports). The tragedies that I have seen, particularly on the PGA Tour, are unlike any I have witnessed in any other sport. Tour players who become victimized by the lies of the golf culture. And pay an unspeakable price because of it.

As a result, this glorious professional athlete or artist will leave millions on the table. And he will live as a shadow of the person he was meant to be. He will leave the fans wondering how a man who was once Great, now is rarely talked about and almost pitied. Where his competitors once feared him, they now speak highly of him in front of the camera, but whisper about him in private.

He will lose the opportunity to stand as a Living Example for his children to see, so that they may follow in his footsteps and avoid the cultural trappings that ruin a person's career.

This is the power of knowing The Truth.

I will stop here for now.

Namaste.

Unicorn



There is something better than being The Best.

Something that the hearts of men cannot help but Revere.

Better and best do have their day in the limelight.

But the one who achieves a special significance of this one thing has a special place in history reserved only for them.

Being the best is certainly grand.

But being The Only is in a class by itself.

Understand this: The only man who “competes” is the one has not become a Master.

And the reason he has not become a Master is because he
has not been trained to be one.

Masters are untouchable. They have no reason to compete.
For there is no one who can match them.

One of the greatest examples of this generation is Tiger
Woods.

The world didn't flock to Tiger because he was "the best."

Tiger was indeed "the best." But there have been others
before him that have also been "the best," and they never
received near the adulation he did.

You see, they may have been "the best." But he is "Tiger
Woods."

They may have been the best, but he is The Only.

To prove my point, these days Tiger is the 656th ranked
golfer in the world.

Would you like to know what's more incredible?

Every week of every year in every media outlet around the
world . . .

No matter who's currently winning . . .

No matter what news breaks across the sports world . . .

The question that is at the forefront of the mind of every reporter and every media outlet is “When is Tiger going to return?”

And when he does return to a tournament, the sales go through the roof. The television ratings skyrocket. The public imagination is captivated.

Do you know of any other 656th ranked professional athlete in the history of the world who could generate such world adulation?

Then why does it happen?

Because Tiger is The Only.

The first time I walked into the Champions Locker Room at Augusta National, I noticed a plaque in the back right corner of the room, adjacent to my client’s locker. I find myself gravitating toward it whenever I go. As I gaze at the list I see several names listed once. And then I see Tiger’s name listed Four Times!

While it’s true that Jack won the Master’s Six Times (he’s another Only), in this era Tiger Woods is by far the dominant golfer of his generation.

Given that in any domain in which I am involved I am obsessed by The Truth, the first thought that went through

my mind was this:

Tiger knows something that the other elite players on this
plaque do not.

Tiger's much more pleasant than the media gives him
credit for. In his heyday he was Aloof. It's instructive that
in recent years he has been less aloof than I'd like him to
be. There's been more pressure on him to be more "media
friendly," and "accessible."

This is the kiss of death. It detracts from who he is. And
certainly from who he once was.

But nonetheless, he remains The Only.

And while human beings will certainly applaud "the best,"
their hearts and their imaginations will forever be reserved
for The Only.

The one of a kind. The only one in existence. Found
nowhere else on the planet.

The Unicorn.

This is something worth doing. This is something worth
giving your life to.

In my work with professional athletes, I often tell them:
All around the world I see hockey games won by a single
goal, and PGA Tour tournaments won by a single stroke.

The world sees that a particular person or team “Won!”

That isn't what I see.

What I see is a group of people who have not differentiated themselves at all. Instead they have grown toward each other.

Winning by a fingernail does not mean you're the best. It means that you fortunately won by a fingernail. What pride is there in that?

The man who captures my attention is a man like Miyamoto Musashi. I bow in reverence to such a man.

At age thirteen he retreated to the jungles of Japan and ate wild berries and conquered his Mind. He went down as the single greatest swordsman in history.

Musashi was not just “the best.”

Musashi was The Only.

He had No Equal. He was one of a kind.

This is why I'm talking about him over 400 years after his birth.

400 years!

He never lost a single fight.

Because he was The Only!

He had trained himself to become a Master. And that is exactly what he became.

In the modern world of Corporations and Professional Sports, man fights for the scraps at the bottom of glorified dumpsters.

He quibbles over a goal or a point or stroke or a dollar. Because that is all he has trained himself to be.

It matters not how wealthy you are. Or what your stock price is. Or how many employees you have. Or how many Academy Awards you've won. Or how many trophies line your mantle.

I only wish you look square into your eyes, and ask you with a soft voice:

Are you training to become The Only?

How The Mind Keeps Men Bound And Gagged



Across centuries, it has been said that humans listen but don't take action.

While it is true, the statement implies that action is in the hands of human beings.

If action was truly in the hands of human beings, then there would be no shortage in action.

A human being that acts is as rare as a supernova.

Why?

Because the truth is that action is not in the hands of human beings.

Show me a man who is in charge of his own actions, and I will show you a Unique, Free and Prosperous man.

If you wish to take a slave on a trip, you cannot ask the slave. You must ask the slave's owner.

Expecting a human being to take action to not understand the human being. It is his mind that makes the call.

This form of slavery is so powerful that the things that men refuse to take action on are the things that are to their own immediate benefit.

Call a professional contact of yours (not a friend). Tell him that you have a gift waiting for him, and once he calls you back you will tell him where to pick it up.

There is a high likelihood that he will never call you back.

Voicemail is one of the most useless tools in the world.

Because human beings are programmed not to return calls.

Understand this Truth: 99.5 percent of the human beings that you meet and associate with in your entire lifetime are so incalculably enslaved to their mind, that associating with them will do you far more harm than good.

Most of that harm will come in the form of confusion and frustration.

Aristotle Onassis' father must have learned this lesson. For he told his son, "When you meet a man, write down how much time he is worth."

This is Truth.

Why does man not take action?

Because the mind has him bound and gagged.

Why does the mind have him bound and gagged?

Because of the mind's love-hate relationship with change.

The mind likes new things. It likes changes of scenery. It enjoys vacations. New smells. New clothes. And so on.

But the mind will fight to the death any person or force that attempts to change the Nature or the Life Situation of the human being it controls.

It will allow its slave to go on a stroll or a trip. But he had better to be returned in the same condition he left.

Understand this Truth: Those who were meant to Arrive, have settled into their arrival. Those who were not meant to arrive, have settled into their non-arrival.

There are (maybe) a handful of people on this planet who are in-route to arriving.

Everyone else has already secured their position. And this is where they will be for the rest of their lives.

You see, the mind is a coating of wax on a dirty car. The dirt remains preserved forever.

Who a man is today is who he will be tomorrow. With extraordinarily rare exceptions.

Human beings are like organs preserved in a formalin jar.

They are chemical reactions that reach a steady state.

Where they settle once, they settle forever.

What of the poor man who becomes a rich man?

If the poor man becomes a rich man, and he remains rich for the rest of his life, the stage of his poverty was not his steady state. He was always a rich man, even when he was poor. In one way or another, he was going to settle into wealth. It was only a matter of time.

But if the poor man became rich, then lost it all forever, then he was always a poor man. Even when he was temporarily rich.

One may be tempted to ascribe this to “fate.”

They would be wrong.

Fate does not control whether a man becomes rich or poor.

This is controlled by the nature of one’s mind.

It is interesting to note that this exists even in the domain of the highly successful.

Professional athletics is a truly wonderful example of this.

You have professional athletes who are superstars.

And you have those who struggle for most of their careers.

The world (in its infinite ignorance) will say that the difference between these two classes of athletes is talent or hard work.

Then coaches and psychologists and scientists and commentators will spend hundreds of years speaking, lecturing, debating, and writing books about whether it is talent or hard work.

Then you will have an Anders Ericsson who will interview athletes and musicians, and based upon questionnaire data, come up with an idea of “10,000” hours.

And then Malcolm Gladwell will “wax this dirty car” and preserve and propagate the “10,000 hour” rule into the culture.

I have written about this elsewhere (10,000 hours, For Whom The Bell Tolls), and I will write about it more. I have discussed this with Anders, and I will explore it more in the

future.

But suffice to say that expertise requires neither 10 years nor 10,000 hours. And to trust the words of a musician or an athlete and make extrapolations based upon their remembrances is in itself grounds for disqualification of the idea. For human beings' retrospective testimony is no more accurate than a wooden divining rod.

The difference between the superstar athlete and the one who struggles throughout his career is that one enjoys being a superstar and the other enjoys struggle.

If 297,000 people read this discourse, there might be Two who really understood that sentence.

The mind will protest with all forms of questions.

It will contest the idea that the “struggler” enjoys struggling.

And I have no interest in obliging such a mind by debating it.

Hecklers are hecklers.

If a professional athlete truly understood The Truth . . .

If he understood that all of his struggles come not from
technique or psychology . . .

If he understood that he is hell bent on keeping himself
shackled to a narrow window of success . . .

Then he would spend 100 percent of his time opening this
Pandora's box in order to discover the riches, the fame, the
prosperity, and the success that he quietly insists that he
deserves.

But this does not happen. And the reason it does not happen
is because there is no opportunity for it to happen.

You see, professional athletes are locked in air-tight
containers. They are surrounded by guards day and night.
These guards are their coaches and their mentors.

The goal of these coaches and mentors (whether intentional
or unintentional) is not to guard them from harm. But to guard
them from success.

Their job is to guard them from The Truth.

Their mandate is “I shall allow no Truth to come to you that will change your current position. I have sworn an oath to keep you where you are. So that you may retain your struggles. And so that I may retain my job.”

Why would they do this?

Because the coaches are in their own air-tight containers. They are bound to remaining where they are as well. And their mind stands guard to ensure this.

For who would a non-superstar coach be if his player suddenly became a superstar?

The coach may feel that the player may fire him and hire a “superstar coach” to match his new found status.

Or even more frightening, the superstar player might keep his current coach, but this non-superstar coach may not know how to handle the extra media attention and fame that might come with it.

People are who they are.

And they will do everything in their power to remain who they are.

And the Mind will make certain of this.

There is a great human tragedy in all of this.

The tragedy is not that the struggler forever remains the
struggler.

The tragedy is not that the superstar remains a superstar.

The tragedy is that somewhere amongst the strugglers is
one struggler who genuinely feels that he is a superstar. But he
sits on this cusp awaiting a small catalyst that could release
him into the stratosphere.

All humans are the same.

And then there is that One who is different.

For he is the one who the world swims across the Atlantic
to watch.

And who the mind wishes it could control.

Namaste.

The Journey To Superhuman Performance



Shakespeare said, “All the world’s a stage. And all the men and women merely players. They have their exits and their entrances. And one man in his time plays many parts.”

The mind has many compartments.

Many identities.

And many moods.

Such things make life unbearably difficult for a human.

They turn one's life into a twelve thousand-mile journey
through quicksand.

Every human being is a performer. For he does not allow
himself to be as he truly is.

He performs in every role that he assumes.

From parent to spouse to professional.

In every role he plays, he functions according to the
compartment of mind he is in.

He is forever under the spell of the mood the blows over
him.

If the mind were to go quiet, who would he be?

He would be unsettled by this. For there would no identity
to grab hold of.

But his performances would become something for the
world to behold.

Because for the first time in his life, he would not be
performing at all.

Performance is less a function of what one settles into
doing.

And more a function of who one settles into becoming.

When the mind goes quiet, one no longer struggles to have
a superior performance.

And try as he might, he no longer has the ability to have an
inferior one.

There is a secret that it would be wise for you to
understand.

The Mind is immune to methodologies.

The Mind sends “runners” to inform it of what is coming
over the nearby hills. Once it receives word that a technique
or a methodology is coming, it begins to prepare fortresses
and shelters in order to shield itself from them.

Human beings have been trying for eons to quiet their
mind. But they have all fallen for the very same trap.

A trap so ingeniously camouflaged that it is practically

invisible:

The method. The hack. The technique. The fix. The how.

Methods, hacks, techniques, fixes, and how's are like a service road that run parallel to a freeway. Typically, the service road connects to the freeway.

But the service road of methods, hacks, techniques, fixes, and how's never connects to the freeway. It runs parallel to it, all the way to the end of the earth. It gives man a perfect glimpse of the freeway. It gives him a perfect glimpse of what he will never have.

The Mind has evolved over millions of years.

New methods, hacks, techniques, fixes, and how's are being born every minute.

One cannot "technique" his way toward a quiet mind. He may have the odd sprinkle of quietness. The odd moment of peace.

But he will not be able to sustain it.

The human who subscribes to methods, hacks, techniques,

fixes, and how's will forever live a life on the outside trying to
get in.

And he will forever tell stories about the time in 1984 when
he "got in" for the briefest of moments.

Whatever role one plays . . .

Whatever profession one is involved in . . .

He will not see the secrets that lay hidden within, until his
mind goes quiet.

He will not come to own his superhuman performance,
until his mind goes quiet.

Do not send me an email asking me how to make the mind
go quiet.

If this could be captured in a sentence, it would be a
technique.

*The Mind goes quiet as a particular side effect of a
particular journey.*

As a river begins at the mouth of the glacier, it flows

through different terrains. It travels through different ecosystems. And in its journey through the peaks and plateaus, the mountains and the grasslands, the fields and the jungles, it acquires things without trying to acquire them. It loses things without trying to shed them.

And when this river arrives at the vast ocean, if one were to ask it, “Oh river, I saw you when you were young. I was standing next to you as you took birth at the foot of the glacier. But there is something very different about you today. What did you do during this journey of a thousand miles?”

The river would say, “Dear sir, it is interesting that you see me differently. For I too feel different after this journey. But I cannot explain how it happened. For there was no clever methodology to my transformation. I cannot recall having done anything at all.”

Nothing in this life happens until one clears his desk.

Nothing in this life happens until one becomes ready.

For there is no “part-time” journey to success.

There is no “part-time” journey to enlightenment.

There is no “part-time” journey to superhuman performance.

And why should there be?

Why would nature reveal its magical secrets to a “part-time” human?

The Mind is immune to all methodologies.

But when the mind goes quiet, man becomes immune to all of the mind’s assaults.

And he becomes liberated from all of its moods and compartments.

Namaste.