

## Equilibrium in your “Golf Swing”, “Life Swing” and “Work Swing”

One thing successful golfers, lovers and executives have in common is they are able to maintain their equilibrium regardless of what happens to them.

Golf being a wonderful mirror and immediate feedback mechanism it's a great place to start training your equilibrium skills. Yes it is a skill that can be learned, although some lucky folks seem to have a genetic talent in this regard – they stay calm and centred whatever life throws at them. As you can imagine this is a very effective mental state to be in and gives the least obstacles to success - in the golf swing, life swing and work swing.

Dr John Demartini, world renown author, philosopher and trainer believes Equilibrium is a Universal Law which is in operation as an underlying pattern of life, whether we accept it or not! He describes it as being in perfect balance between positive and negative which automatically brings one back to unconditional love, joy, effectiveness and creativity.

As I have not been granted the genetics of being naturally in equilibrium, I have studied this subject, for my own wellbeing and to support my clients.

### The Signs

Awareness is the first step. The Peak Performance Pendulum model I have developed supports the awareness and positive influencing of your mental state and subsequently your Performance. Do you know the signs when you move into stress or feel like giving up? You all know that ideal mental state for peak performance, when everything runs effortlessly, but do you know how to get there consciously?

This is where Kagami comes in.

When in stress perhaps you start to rush, get aggressive, start 3 things at once, your shoulders or your stomach tense and you are no longer focused on the task at hand? Then the negative chatter gets louder! In golf your swing might speed up, you start strangling the golf club, or you look up too early and top the ball.

### Four Practical Tools to come back to the Green Zone

Here are some simple tools to help you come back into equilibrium – the ideal mental state for peak performance:

1. **STOP** and bring yourself back to the PRESENT, using the body as your support mechanism. Pay attention to your breathing and the spaces between the in-breath and the out-breath or the backs of your legs on the chair. Observe something that is happening in this very moment and give it all of your attention. In golf a very effective Kagami exercise is to watch the tee immediately after the ball has gone. (You will find a description of this exercise in my book “Kagami Golf”.)
2. **Re-frame the situation.** Look for the good in what is happening to you. How might this be of benefit to you, what is the learning? What is good about hitting terrible tee shots or losing an important contract? There is always something you just have to look for it. Perhaps you get help from a Pro and finally

understand your golf swing, or you realise your company needs to put more focus on R & D to serve your clients better?

3. **See the bigger picture.** Often we get so caught up in the detail of our lives we forget just how lucky we are. Nobody's life is perfect, yet all of us have something to be grateful for. If you are on the golf course then remember how lucky you are to be there and be grateful you don't have to earn a living playing golf! Is it really important what you score? If you are with a partner, be grateful for the good things about them. If you are working, remember all those who don't have a job.
4. **This too shall pass.** All things are transitory, both the highs and the lows. There are 2 sides to every coin. When you can accept that your life will always have highs and lows and this is all part of some higher plan to keep you in equilibrium, you won't get so excited about the highs, and the lows won't be so deep. After all, this too shall pass!

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