



KAGAMI ARTICLE

Stay in Balance & Train Your Mind

One of the major challenges of our time is that through ever increasing pressure to perform in less time, with fewer resources, we are no longer utilising many of the natural abilities of our brains. The intellect has become so powerful it does not allow the rest of our brains (90%!!) to contribute effectively causing imbalance and eventually physical illness. Such qualities as seeing the bigger picture, allowing our intuition and creativity to blossom, our connection to nature and emotional balance are often not as well respected as a strong intellect, yet vitally important for our whole lives.

In my many years experience and research on this subject, I believe the **ONLY** way to bring the brain into balance, reduce stress and get back in touch with ***who you really are***, is to **STOP** the mental chatter in your mind for a few minutes each day. Like a hamster on a wheel – we have to get off the wheel to realise what is around us and what is possible.

This is what I teach golfers and business leaders alike who attend Kagami trainings – how to quiet their minds for just a few seconds during the golf swing in order to bring balance back to the brain. This is so powerful. The good news is you don't need a golf club in your hands to do this – yet it will measurably help you play better golf.

Stress and excessive mind chatter can only exist outside of the NOW. It is impossible to experience stress or racing thoughts when you are anchored in the present moment.

Bestselling Author and Spiritual Teacher Eckhart Tolle states “The door to NOW is through the body”. How well top athletes know this fact. Now it's time to anchor yourself more often to the NOW, so that not only will your golf swing benefit, but also your life swing and work swing.

All Kagami golfers or those who have read my book know that this is the most effective place to be during the golf swing. A quiet mind allows all other areas of the mind (which is 90% of the whole mind) to operate effectively without instructions or negative thoughts sabotaging the fine motor co-ordination of a golf swing, our behaviour in the office, or how patient we are with loved ones.

Make sure you will not be disturbed for 5 minutes – divert your phone, put up a “do not disturb sign” for your family, or if necessary go to the toilet – there nobody can disturb you!!

Sit comfortably with both feet on the floor. Take a couple of deep breaths and imagine you are standing in a shower that with every out-breath the water washes all physical tensions out of your body into the shower. Check your facial and shoulder muscles for any tension. Next bring your attention to the contact between your body and the chair and/or the ground, with your feet or backs of your legs.

KAGAMI Golf & Leadership Academies

Phone +49 176 70550217 ♦ Email: sabana@kagami.com ♦ Web: www.kagami.de



Investigate this contact thoroughly while breathing into these areas – send your out-breath to these parts of your body.

Adjust your breathing to fit an unusual yet powerful pattern, breath in strongly for 3 beats, and breath softly out for 5 beats (slightly longer than seconds). In order to maintain this pattern you will probably have to count the beats, which makes it hard to entertain intellectual thoughts at the same time. Gotya!

If thoughts do come into your mind, just let them pass by. You will notice you have “grabbed” a thought when your breathing no longer fits the desired beats.

If you do this exercise for a few minutes every day, or when you notice you are feeling out of balance, stressed or emotionally charged, your reactions to circumstances will change – and therefore your reality. If you do this once a week, it will have very little effect – repetition is the key.

Sabana Crowcroft

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