

POSITIVE MENTAL IMAGERY

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*Improve Your Golf Game
Easily & Quickly*



SPIRITUAL OPTIMISM

From Joan King

HOLIDAY GREETINGS! Wishing you a wonderful Holiday Season with extraordinary happiness and success throughout the coming year. May all your wishes come true. May all your hopes be realized.

Some of the holiday decorations were put up before Halloween and with it came the anticipation of the warmth of the coming holiday season. The lights, the candles, the decorations, the music promote a spirit of good will, opening our hearts and uplifting our energy. This is the time of year when we decorate our homes, stores, and Christmas trees with a great array of lights. Let those lights remind you of your own lightheartedness.

*"Don't hurry, don't worry. You're only here for a short visit.
So be sure to stop and smell the flowers."*

-- Walter Hagen

When you are playing golf "in the zone" you are experiencing the true spirit of the game. You are in the flow of energy where you don't have to do anything but experience the joy. Here are some suggestions to achieve that spiritual optimism.

1. **Move from your thinking head into your feeling heart.** Live from the place of optimism, of hope, the place of believing in the best, the place of loving who you are. Transform old beliefs that do not bring peace, hope and harmony into your experiences. If you keep reliving an unpleasant situation, you only keep yourself in that space for a longer time.
2. **Be an observer of your life.** Let go of attachments to any outcomes because you can't know the entire picture to predict the future. Worrying about the result will sabotage your enjoyment of the present.
3. **Trust that all things are working out for your highest good.** Know that your perception of things is only a part of what is happening.
4. **Appreciate the beauty of Life.** Life is a gift that has meaning. Believe in your perfection.
5. **Choose to experience joy no matter what the circumstances are.**
6. **Be flexible.** Flexibility gives you more control, more freedom.
7. **Be creative.** Begin to think outside the box, taking a risk to see and do things differently.
8. **See the good in everything and everyone.** As yeast rises bread, allow the beliefs inside you to rise up and empower you to be the greatest grandest vision of whoever you believed you are.
9. **Strive for peace in your heart.** Live in the place of peace within while the world is whirling about you.

PEACE

"There once was a King who offered a prize to the artist who would paint the best picture of peace. Many artists tried. The King looked at all the pictures, but there were only two he really liked and he had to choose between them.

One picture was of a calm lake. The lake was a perfect mirror for peaceful towering mountains were all around it. Overhead was a blue sky with fluffy white clouds. All who saw this picture thought that it was a perfect picture of peace.

The other picture had mountains too. But these were rugged and bare. Above was an angry sky from which rain fell and in which lightning played. Down the side of the mountain tumbled a foaming waterfall.

This did not look peaceful at all. But when the King looked, he saw behind the waterfall a tiny bush growing in a crack in the rock. In the bush a mother bird had built her nest. There, in the midst of the rush of angry water, sat the mother bird on her nest...Perfect peace.

The King chose the second picture. Why? "Because," explained the King, "Peace does not mean to be in a place where there is no noise, trouble, or hard work. Peace means to be in the midst of all those things and still be calm in your heart. That is the real meaning of peace."

Begin now to create a successful New Year!

Be ready to experience miracles!

Entrain Your Heart & Brain for Peak Performance!

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