

This Free E–Book is brought to you by [Natural–Aging.com](http://Natural–Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Golf And Zen – Chapter 3**

**By Wayne Smith**

About Golfing Zen: This is the third in a continuing series of short essays dealing with the application of Eastern spiritual philosophy to your golf game.

The surface intent is that, as you apply the ideas, your golf and your enjoyment of the game will grow. However there is also an underlying motive: as you are able to see gains on the course, you'll then be moved to alter your approach to life as well.

Today's Topic: You Already Know

The fundamental objective of Eastern spiritualism is "enlightenment," a complex idea, sometimes referred to as "waking up," or "recovering from" the illusion.

The illusion —again simplifying — is the illusion of separation, of being something or someone distinct from, separate from, everything else that we see and experience. Remember, Easterners see reality as being one universal entity out of which everything emerges.

We are born into the illusion, and the search is to recover what we always knew: our true nature as an integral part of the universal consciousness. We already knew it... we're trying to remember!

So... how does that relate to golf?

I would maintain that in a very similar way we already know what we need to know about golf. We simply forget... or we refuse to acknowledge the facts that are there, right in front of us.

How can I say that? How can I suggest that a 20–handicapper knows? Isn't golf this terribly difficult and subtle game? Isn't it beyond most of us... at least beyond our ability to excel?

That would certainly seem to be the case. Statistics — year after year — show that 90% of us have handicaps over 10, and a whopping 60% are over 18. The numbers don't lie... clearly we don't know. Or is really that we don't remember? That we don't act on what we know? I maintain the latter, and

here's why...

Golf is not a hand–eye coordination game. Games where the ball and/or the player are moving -- tennis, baseball, ping–pong, etc. -- are hand–eye games. Golf, on the other hand, is a repetition game: the ability to repeat a specific motion, reliably and under pressure.

Said even more strongly, golf is not a skill game. After all, it doesn't take any great skill to hold the club correctly, to stand up to the ball with correct posture and alignment. All it takes is paying attention, paying attention to what we already know (as anyone who has played for any time at all has read or been told the basic fundamentals). Further, if we know how to hold the club and stand up to the ball, is it a difficult and illusive task to move smoothly to the top–of–the–backswing position? Given that one doesn't have a physical handicap of some type, the answer is obviously a resounding "no." It's inescapable... we must obviously choose not to do so.

Here's the most obvious example. We all know that balance is part of the game; that being able to swing to a balanced finish position on our front (leading) leg is a fundamental. If we open our eyes at all, we see that every skilled player -- 100% -- does that every single swing.

But go to any golf course or driving range and watch. True to the single–digit statistic quoted above, you'll see that 90% of us don't hold a balanced finish, and most of us are falling backwards. How do we expect to move the ball forward when we're falling back?

The conclusions are inescapable: the fundamentals of golf are right in front of us; the skills required are well within most or all of us. We know, but we don't do. We forget to remember! Worse, we choose to forget.

If true --and it is -- it begs a simple question:

Why?

For more information, check our podcasts, found at

[www.golfingzen.blogspot.com](http://www.golfingzen.blogspot.com)

.

Next Time: Choosing To Remember.

Wayne Smith is a golfer, close–up magician, zen student and author. His golf/zen novel, "The Hole of the Third Eye," and his podcast series can be found at his golf web log:

<http://www.golfingzen.blogspot.com>

**Tired Of Your Traditional Alarm Clock? Try A Zen Alarm Clock!**

**By Mike Yeager**

Zen alarm clocks are the perfect solution to those of who are tired of waking up to annoying beepers, buzzers, and talk show hosts. Instead, try waking up to the soothing sound Tibetan bell-like chimes or the sound of gentle waves on a beach. Many Zen alarm clocks offer gentle awakenings with scenes of sunrise and sunset and are filled with natural sounds to gently wake you up. Many people who use Zen alarm clocks have said that they feel much more refreshed and relaxed in the morning than when they used traditional alarm clocks.

A Zen alarm clock will let you have a gradual waking method that will help you remember your dreams better and leaves you in a more relaxed mood. While a Zen alarm clock might not give you the exact time down to a millisecond like an atomic alarm clock, it will allow you wake up refreshed, and really, which one would you rather have?

Choosing the right Zen alarm clock

With so many different types of Zen alarm clocks on the market, it may be difficult to choose the one that is just right for you. Many Zen alarm clocks offer different sounds to wake up to. Also, some of the higher quality Zen alarm clocks may cost much more than some other Zen alarm clocks. Some things to consider when shopping for a Zen alarm clock are the benefits of meditation, zen, an alarm clock that wakes you up gradually, a friendly clock, gifts, incense and greater health. When shopping for a Zen alarm clock, be sure to choose one that perfectly fits what you are looking for. If you choose the Zen alarm clock that is just right for you, you will make up more relaxed and refreshed than you ever would have using a traditional clock.

Mike Yeager  
Publisher

<http://www.a1-clocks-4u.com/>

Tired Of Your Traditional Alarm Clock? Try A Zen Alarm Clock!

best gift idea for a man

What is the Color of the Wind?

The Essentials Of Golf

All For The Love Of Golf

Time Management Secrets

Coping With Alzheimer's Disease

Travel Cheap! Travel Well!

Domain Alarm – Is your site working?

How to Use Your Mind for Study



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**