

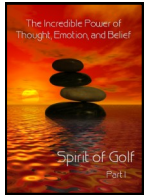
3



Thoughts of the Day

Through this playful creation of music and sound, *Thoughts of the Day* pulsates with fun and a highly-charged sound as electronic/techno music is woven with inspirational thoughts as shared by Spirit of Golf's Tim Kremer. Each of the six tracks will immerse you in a progressive stream of new thought and emotion as you begin to improve how you focus, practice and play. Sit back and relax or turn up the volume for this audio presentation that promises to be as much fun as it is inspirational – both in golf and life. \$17 + s&h

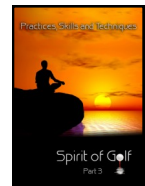
Also available from Spirit of Golf:



Part 1 - The Incredible Power of Thoughts, Emotions and Beliefs
(in DVD and CD)



Part 2 - The Field of Infinite Possibilities
(in DVD and CD)



Part 3 - Practices, Skills and Techniques
(in DVD and CD)



Spirit of Golf, LLC

236 SW Coconut Key Way
St. Lucie West, FL 34986
772.879.1978

Phone: 772.879.1978
E-mail: info@myspiritofgolf.com
www.myspiritofgolf.com

To order our audio and video products, or to listen to samples or get more information, visit the "Shop" page of our website at:

www.myspiritofgolf.com

The Power of Music & Brainwave Technology



Change your **mind**. Change your **golf**. Change your **life**.

www.myspiritofgolf.com



Using the Power of Music to Change Your Mind

Every state of mind has a unique electrical signature that can be detected in the brain. These signatures, or signals, quite simply are known as “brainwaves.” Brainwaves can be measured and recorded using specialized equipment such as an EEG machine. This equipment allows us to map what brainwaves are present during certain key states of mind. For example, we know the exact brainwave patterns that exist when we’re relaxed, focused, sleeping, angry, anxious, or virtually any other mental or emotional state.



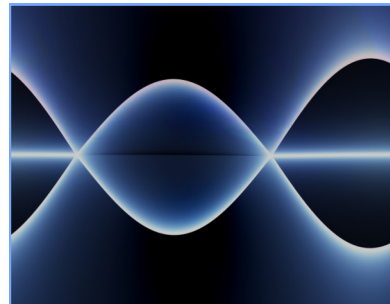
The Process of “Entrainment”

By using a process known as “brainwave entrainment” – which involves playing specially-created audio sounds into each ear – we can actually influence these brainwaves. This means we can help bring about key states of mind, such as relaxation or focus, at will just by listening to these special “brainwave entrainment” recordings. Because of this, we should never underestimate the power of music

and sound. Some music entrains the “brain/body” into very desired, empowering and feel-good states, while other music entrains the body into sad, angry or reactive states. The key is to consciously and purposely observe how we are feeling when we listen to a song (and to stay away from music that doesn’t make us feel good!)

Each of our music and audio CDs –

1. Guided Imagination, 2. Practice and 3. Thoughts of the Day – was specifically produced utilizing leading-edge technology in order to help calm and gently refocus the self-critical parts of the brain. The alpha and theta frequency stimulation of the soundtracks help to redirect limited and critical thinking into brainwave patterns that are much more creative and focused. With repeated listening to the audio tracks on our CDs, the mind unlocks from old patterns as it effortlessly shifts into greater balance and harmony with the body. The realigned energies of thought, emotion and belief are then in greater synchronization with the movements of the body (including the golf swing) and everything else that we do.



1

Guided Imagination

Simply by relaxing and listening to this audio CD, you’ll combine pleasurable and calming music and sound with brainwave technology, allowing you to access different parts of your Mind as you redirect limiting thoughts, emotions and beliefs. The alpha and theta frequency stimulation of the soundtracks gently rebalance the activity in your brain, helping you automatically and effortlessly access Mind states of confidence, focus, imagination and fun. \$17 + s&h



2

Practice

One of the most valuable skills you can have on the golf course is the ability to manage and redirect your thoughts and emotions in a conscious and deliberate way. This highly unique audio CD is designed to be downloaded onto an audio or MP3 device and listened to with headphones and used in practice situations. With the stimulation of alpha brainwaves you will learn to calmly rebalance your thought patterns, allowing you to automatically and effortlessly access different mind-states such as focus, commitment, acceptance and letting go. \$17 + s&h