

Thoughts of the Day

The Book



A Collection of Insights for the Soul

Tim N. Kremer, M.A.



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Thoughts of the Day: The Book

Spirit of Golf

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by

Tim N. Kremer, M.A.

President and Founder, Spirit of Golf



*To the thousands of seekers I have met in and through the Spirit of Golf.
To my beautiful daughter, Lindsay, who is the absolute joy and wonder of my
life. It is because of each of you that my life is so richly filled with
compassion, acceptance, purpose and joy. It is with each of you that I
continue to learn the importance of Love as the only way of being.*

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Introduction

Our fascination with the game of golf goes back to the beginning of humankind. Not with club and ball, perhaps, but with the same instinctual desire to propel an object toward a target with a specific outcome in mind.

Fortunately, the survival rate today of golfers who miss the target is very high, especially when compared with “golfers” from days gone by who would end up hungry or worse by consistently missing the mark.

Yet, to listen to these present day warriors tell their impassioned tales of woe, one might think that we are talking not about golf, but about the very nature of survival itself.

Not survival, perhaps, just golf. But then, of course, is it ever really *just* about the golf?

Those of us who love the game already sense the intimate connection between the Spirit of Golf and the Spirit of Life. Golf, like a beautiful lover, has the uncanny ability to tear at our heart and rip apart our soul. She plays with us on her terms, beckoning us with a seductive smile, only to disappear if we get too close while asking us to come back and play with her another day.

The passion, the heartbreak, the sorrow, the bliss; each of these are reflections of a deeper calling by our soul to uncover more and more of the true nature of who we really are. Inside every cell of our being is a constant yearning and an insatiable desire for two things: to give and receive Love, and to manifest and create. Golf gives us the opportunity to explore and fashion both.

Indeed, as we begin to master the inner world of our thoughts, emotions and beliefs, our golf games cannot help but improve – as will every aspect of our lives. *This is the basic tenet of Spirit of Golf.* If we work at our golf games without creating the happiness first, which sadly, many of us continue to do, we will always be grabbing the unhappy end of a very rough and pointy stick.

The lessons of golf *are* the lessons of life; although this could be said of anything we do. It is only as we bring a sense of purpose and aliveness and awareness into our doings that our true mastery and joy can be rediscovered. Otherwise, we are like the warriors who keep missing the target; hungry, dissatisfied and fearful much of the time, yet constantly searching for things outside ourselves that will never keep us content.

An old driving range pro once said to me as a young man, “Son, if you really want to get to know yourself better – the things you like about yourself and the things you don’t – then take up golf.”

So it was. And so it will continue to be.

*“My wish for you
today is that you have a
fabulous game of golf, and an
even more wonderful day
playing life ...”*

- Tim N. Kremer, Founder of Spirit of Golf



Conscious Creation

Attracting the things we desire into our lives begins with a self-convincing and a conscious awareness of our thoughts, emotions and beliefs. With a mindset of deliberate and purposeful creation, experiences begin to appear with a steady, constant, synchronistic Flow. The right people show up, improved situations and opportunities present themselves and we begin to thrive at the level of abundance that is a match to whatever we've imagined and convinced ourselves of ...

We have to be able to think and feel outside our current comfy boxes for anything new to unfold in our lives. That's why we cannot get from here to there without first changing something in the mind. Until we get it done through imagination, intention and belief, we'll continue spinning our wheels with "more of the same."

The question is never whether or not our hopes and dreams can come true. The question is whether we can hold on to them long enough and strong enough to believe in them and feel them and desire them and cherish them to make them become so real that we won't be able to get out of our own way.

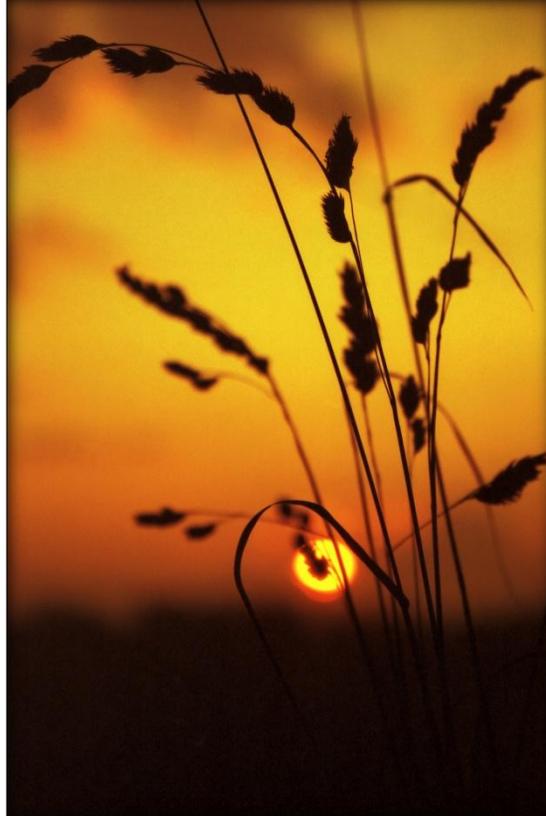


Thoughts, Emotions and Beliefs

A belief is just a thought that we've told ourselves again and again and again. The problem isn't that we've got beliefs; no, the problem comes when we believe something long enough and strong enough that it now becomes our *reality* and our only reference point for the way we look at the world. Then we pick up this crazy game called golf with a set of mental and emotional skills that are more antiquated than a set of hickory shafted clubs and a mind that is still chugging along like a Model T Ford ...

Think of every thought you have as a footprint in the brain. Sooner or later, with enough repeated steps, there is going to be a path and then a rut. The rut will continue to deepen until you begin to become conscious and pay attention to where you are walking - *an awareness of your moment-to-moment thoughts, emotions and beliefs*. You can teach an old dog new tricks, provided you are willing to take the dog walking down a new path.

Trust that with changing thoughts and emotions, something new is on its way into our lives. The brain will begin to rewire the signals it sends to the body, resulting in a different set of instructions the body can interpret and understand. We also begin broadcasting a different signal into the Universe



*The Field of
Infinite Possibilities*

The question isn't "if" there is a Field of Infinite Possibilities – most of us already sense that there is – but rather how we go about tapping into this Field. The answer, of course, is that we keep letting go of the dramas of past and future as we return again and again to the incredible stillness and power of the here and Now.

We actually begin to rearrange the stuff of the Universe through inner qualities such as imagination, focus, awareness, intent and belief. That is a very powerful thing to begin to understand, whether we are talking about directing the flight of a golf ball or manifesting anything else that we want into our lives. No thought is just a thought, no word is just a word and no action goes unnoticed by a Universe that sends to us everything that we energize long enough.

There truly is a kinder, gentler way of being with ourselves on a golf course that permeates into every cell of our being. We already intuitively know this to be true, and that is why tapping into the positive flow of the Field is such an incredibly powerful thing.



Imagination

As we begin to imagine more and more of the wonderful things we want in our lives, the heavens open up and the Universe conspires to send them our way. Nothing needs to be earned and no questions about our worthiness are ever asked. We effortlessly attract everything we believe we deserve.

Use every fabric of your imagination to focus clearly on what you want your golf game to be and how wonderful that would feel. That really is the only “work.” Forget about what is, unless what is involves a happy, feel-good story. A reorganized mind has the wonderfully, creative power to automatically attract whatever it is that we want in our lives. In every moment the question becomes, “What am I imagining right Now, and how does that thought make me feel?”

What seems impossible seldom arrives, not because it’s impossible or can’t arrive, but because it hasn’t been imagined as a possibility first. We won’t even make it into the kitchen for a drink of water until we first picture the drink and the faucet in our mind's eye.
