

Tim N. Kremer

Thoughts of the Day: Book II

Spirit of Golf

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Book II



Insights for the Athlete's Soul

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Book 2

*Insights for the Athlete's Soul*

by

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*“May all your shots  
-in golf and life -  
be filled with incredible  
passion, joy and bliss ...”*

- Tim N. Kremer, Founder of Spirit of Golf



# Introduction

They say an animal that is about to die in the jaws of a predator feels no fear or pain in its final moments of life. How they've come to know this I'm still not sure. Maybe the beast, sensing that physical death is imminent and resistance is futile, decides on some primal level to totally surrender and let go.

Within this final act of surrender, there is no struggle; with no struggle, there is nothing left to fear. And once the fear is completely gone, there remains only calmness and bliss – a deep sense of inner peace and a knowing that comes from acceptance, surrender, release and letting go.

It was shortly before two o'clock after midnight in the springtime of 2006 that I awoke once again to a paralyzing terror that was inescapably raw and surreal. Here I was, at 48 years old in the prime

of my life, in the jaws of an illness that was asking my body to surrender and die.

“The doctor would like to see you again,” was all the nurse would say as I begrudgingly headed back to his office, having been there no more than a few hours earlier for my appointment and a subsequent X-ray. Fortunately, hypochondria is not one of my things, but because of the urgency of the call and because my chest had been severely congested for more than a month, I felt that something a little more significant might be up.

It was when I was immediately whisked from the waiting area back to the same examination room that life, in its often fragile and delicate nature, was about to change.

“There is no fu&\$#! way,” was all I could mutter, as I still remember clearly how my eyes, flooding with tears, zeroed in on the handwritten words on a flimsy Xeroxed report. *Lung cancer.*

# 1

**W**e're not suggesting for a second – well, really for a present moment, however long that might be – that the physical and mechanical parts of the game aren't important. The game obviously plays itself out through the senses and the body in a very physical way. What we are suggesting is that there is no substitute for imagination and belief; that without the belief first in place the physical and mechanical cannot even take place. The mind will immediately cue up in the body the instructions for what it can or cannot do. The mind will also cue up from the Universe an invitation for the golf shots that are about to effortlessly come our way.

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**T**here is not a magic wand in the Universe big enough for us to make anyone else feel happy or sad. Yet, many of us spend years or our entire lives trying to take care of or enable someone with the unconscious belief that we have the wand (*power*) that will sprinkle more happy dust into their lives. The greatest

gift we can give to anyone is to improve our own emotional energy as often as we can. It is the act of taking care of ourselves first that not only empowers us but that others intuitively sense and feel. Our energy then allows others to uplift themselves or not, but it is never something we have done to them or for them, which is at the core of every codependent dance and belief.



**A**n important part of the manifestation process comes about as we shift from an old paradigm of seeing is believing into one where *believing is seeing*. That's not always an easy thing to do, particularly in a culture where we generally want to see the proof of something before we believe it to be true. There is a huge leap of faith when we begin to do this inner work; one that

comes from a knowing that everything we see around us was created in imagination and thought form first. If we wait to believe in something before we see the proof or evidence of it, we will be waiting a very long time.

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**T**hink of an untrained mind like a new puppy that wants to run off and explore. In the beginning, the puppy will get into all kinds of trouble and chew slippers and pee in the corner and misbehave in many ways – until it is gently guided and trained (*the practice of awareness*) with lots of positive reinforcement, patience, compassion and love. As long as we care for the puppy and train and treat it well, it will become a faithful companion that will joyfully want to be at our side. Then, even if the puppy strays or misbehaves from time to time – which, of course, puppies are supposed to do – it will nonetheless be very happy to return again and again to this beautiful place called Home.

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**A**n illusion the egoic mind loves to tell us goes something like this: I am unhappy with my golf game because my swing and scores are lousy and I'm

not having much fun. If I fix my swing, my shot-making will improve, my scores will drop, I will become a better player and then and only then will I be happy with my game. This mindset, which unfortunately plays itself out all too often on the golf course and in many aspects of our lives, simply doesn't work. The internal dialog as it relates to happiness has a huge yo-yo effect – if I'm playing well, I'm happy; if I'm playing poorly, I'm miserable. With a yo-yo mind comes a yo-yo game and a yo-yo life, as we attach joy, happiness and our very self-esteem to those conditions well outside our control. Sadly, the story becomes, "I'll be happy only after I get my stuff."

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***B***y learning the art of deliberately shifting our moods and attitudes in a more positive direction, our golf games have to improve. The body effortlessly frees up from unwanted mental tension, noise and resistance, and we begin to play with greater passion, imagination, focus and fun. Our natural talent, too – at whatever level that may be – begins to take over as we let go of many of the mind-created hurdles that were the only real obstacles and roadblocks to our happiness and success.

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**T**his is really not a story about which came first; the chicken or the egg. Everything gets created in thought form first, long before it can physically play itself out as a golf shot or anything else.



**T**he best way to tell whether or not a belief is *true* is for us to check in with our body's internal guidance system to see how happy or unhappy the belief feels. A feeling inside the gut that something isn't quite right would pretty much

confirm our deeper knowing that the belief isn't true. When our body feels energetic and alive, however, our inner being is sending to us its knowing that the belief has validity and truth. The thinking mind will constantly want to rationalize and play tricks on us, but the intuitive wisdom of our inner guidance simply cannot lie.

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***M***ost reality has little truth to it other than what we have repeatedly thought about and told ourselves for a long, long time. In fact, the only reason that something becomes real is because we've locked our focus onto it long enough for it to become a manifested and observable part of our life.



**T**he deeper part of who we already are knows that most of what we think of as reality can be perceived a million different ways – after all, there are billions of differing viewpoints on the planet. With a stubborn, opinionated, fearful mind, we lose much of our ability to see things in a new, more objective and powerful light. We keep attracting the same old stuff, not because we don't want something new and improved, but because we haven't figured out a way to imagine things outside our current comfy box.

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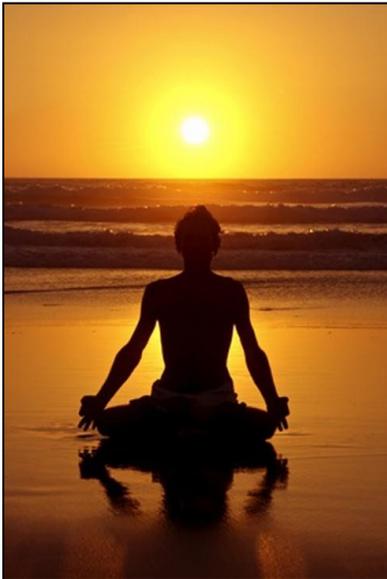
**W**hat our golf games should be telling us by now is that we can't keep shooting off our mouths with unkind words that come from unkind thoughts and hope for kind and happy results. Words, like thoughts, have an unbelievably creative or destructive power and energy. Most of us cannot undo years of negative thinking in one round of golf, nor can we tame a wild and crazy thought stream the first minute we attempt to quiet the mind. We can, however, begin to channel our thoughts and words in a more positive direction right Now, at which time our golf games cannot help but respond and improve.

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**T**houghts and emotions feel either good or not-so-good inside of us depending on their alignment with the deeper, soulful essence of who we already are. If a thought feels good to us, it's because it reflects and mirrors the energies of our wiser, kinder, compassionate Self who loves us unconditionally no matter what kinds of golf shots we hit. If a thought feels not-so-good, it's because we're having an argument with our higher Self who is not going to let us off the hook by going to some miserable place inside of us just to join us in our pity party.



**M**ost players justify their golf games through hard work by equating struggle with success. Struggle becomes something they wear as a badge of courage and honor, unaware that the energies of trying and grinding energetically amplify the struggle to keep success just outside their reach. If we are setting goals that seem difficult to achieve, difficulty is what we will continue to achieve. It is the deliberate creator who knows that fun, joyous and inspired action – not grinding – is going to align us much more quickly with the successes that we desire and dream about.



**A**thletes and others share all the time how difficult it is for them to quiet down the incessant thought stream and chatter of the mind. The truth is, the ego is never going to want to quiet itself down, which gives our thoughts and emotions a wild, impatient life of their own. We must have a stronger desire for stillness and inner peace than we do for chatter and mental noise before we can begin to tame the restless mind. The practice of stillness becomes exceptionally joyful and rewarding, allowing us to tap into inner sources of wisdom and power beyond what the ego can begin to understand.

# 6

*T*here must be a self-convincing of sorts before anything new can come our way. The convincing has to be based upon imagination, new thought and belief, regardless of past circumstances or “proof.” Proof, after all, comes only after we have convinced ourselves of something long enough that we have believed it into our experience. Call them fibs, dreams, illusions, stories, imagination, fantasies; whatever. The brain does not know the difference between what is real and what it perceives to be real. Finding a way to believe in a dream is the only way for the reality to be closely behind.

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*The Zone* gives us a glimpse of what our lives would feel like without inner tension and resistance involved. Not only is *The Zone* available to us in every moment, it already is our deepest, most natural, joyous and spontaneous state

of being. We can learn to move into the blissful and “mind-less” state of the here and Now (*The Zone*) any time we want, but we first must learn to let go of the thought stream that surrounds grinding, tension, anxiety and fear.



**We**'ve got this phenomenal, built-in energy system called emotion that provides us with immediate internal guidance for knowing anything we want to know about in our lives. The biggest issue is that the system lies in direct opposition to the non-stop chatter of a restless egoic mind. To access inner guidance, we first must move from our heads into our hearts. By doing so, we replace needless thinking with visceral qualities such as intuition, imagination, stillness and inner peace; qualities that take us beyond ordinary, limited thinking and put us in touch with the *feeling* essence of who we really are.

**J**ust as one footstep does not build a new path in the ground, a single thought does not create a new pathway in the brain. A footstep or thought repeated long enough and with enough weight (*intensity*), however, fashions a rut which invariably becomes a very deep trench. Crawling out of a very deep emotional trench is not an easy thing to do. It would seem to make a lot more sense to start paying attention to the contents of our thoughts, emotions and beliefs before the ruts and trenches become too deep.



**Q.** Are you asking us to lie to or try to fool ourselves about our talent even if we don't believe it to be true?

**A.** Absolutely. Because most of the things we're telling ourselves right now about what we cannot do are just as much of a lie. As soon as we rationalize and intellectualize and argue for our limitations, which most of us repeatedly do, we create an internal belief system based on falsehood, illusion and deceit. Before long, if we're not mindful, we fool ourselves into believing things that have no inherent truth. We go on to use our lies as a platform for our excuses, justifying our limitations or rationalizing anything else we don't like.

