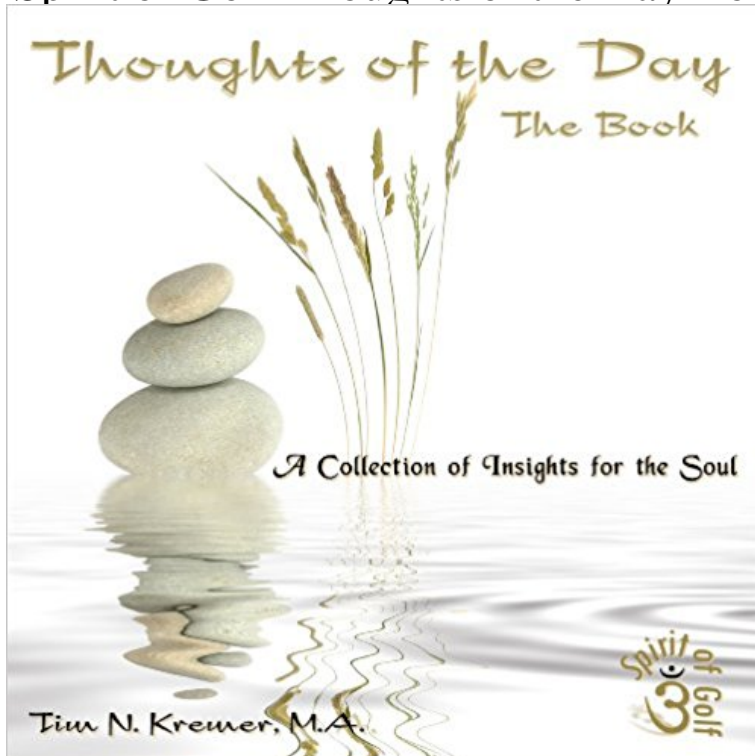


Spirit of Golf Thoughts of the Day Book I



The real shift in improving athletic performance, or for that matter any aspect of our lives, comes as we journey into the inner stillness of the unknown. We go beyond the conditioned limitations of a fragile, reactive egoic mind; beyond the stubbornness and fear of what we think we already know. At the point where the unknown becomes our friend, a transformation begins to occur. We feel a heartfelt sincerity that the wonderful is not only possible, but well on its way. Things beyond what we dream of suddenly begin to appear in our lives. As we master the inner journey, things outside of us fall effortlessly into place. We come to observe and know the intimate connection between these two beautiful games, golf and life, the essence of which are one in the same. This book, the first from Spirit of Golf, is a compilation of our favorite Thoughts of the Day that are read by thousands through emails and on our website every day. Our hope is that each thought will allow you to deepen your journey wherever you go; moment by precious moment and one special shot at a time.

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