
GRAY MATTER

Newsletter # 4 – April 2008

There are no limitations except those you acknowledge. Whatever you can conceive and believe, you can achieve. (Napoleon Hill)

ATHLETE SPOTLIGHT



TONY HAWK
(Skateboard)

According to Bruce Lee, the secret to life is knowing that everything is a state of mind.

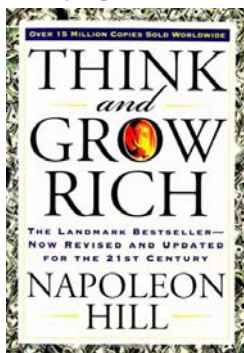
FRITZIEISM

If you fall 10 times, get up 11 times.

If it's important do it everyday.

If you're wrong, admit it.

BOOK OF THE MONTH



Imagine that you took a VOW in which you either accomplished what you set out to do or you would take your own life.

(“DO IT or DIE”).

Sakai Yusai, aka “The Japanese Superman” took this type of vow. He agreed to run 1,000 marathons through the mountains of Mt. Hiei in Kyoto - in seven years - or take his own life. He is only one of 46 monks who passed the test in over 100 years. Each day he left his quarters dressed in white, the color of death - as a reminder that today may be his very last day on earth. Tucked inside his clothing was a knife, a white handkerchief and a rope (for hanging). In the event he ever reached a point where he could not continue, he was to take his own life. 1000 marathons - done 100 days at a time - without missing a day - in seven years.

Take home message:
“THE BODY IS THE BRAIN”

Self suggestion is an effective means of altering your mind set. By repeatedly thinking positive thoughts, your mind will begin to believe what it keeps hearing. To make self suggestion work for you, it should be frequent and specific. The more your mind hears the message, the faster and more thoroughly it begins to believe it.