

# Zen And The Art Of Winning

by

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PROLOGUE	WINNING AND WINNERS
PART ONE	FAST TRACK IN MOSCOW
PART TWO	MIRACLE IN MONTE-CARLO
PART THREE	KI IN TOKYO
PART FOUR	FOUNTAIN OF YOUTH IN LOS ANGELES
PART FIVE	UNCONDITIONAL WINNING IN LONDON
PART SIX	GOING FOR GOLD
EPILOGUE	BEING THE WINNING

## **PROLOGUE**                      **WINNING AND WINNERS**

The Master Trainer said:

“I am the Winning.”

Behind the Master Trainer was a wall with gold medals and trophies. But also, silver and bronze.

So I asked him: “And when you don't win?”

“When I don't win, I am still the Winning.”

The Master Trainer's answer did not satisfy me. The Master Trainer had undertaken to make me a Winner in each and every event in the coming Olympics. I was after gold, and in my eyes silver and bronze were not gold.

We had just fourteen months before the Winter Olympics, and eighteen months before the Summer Olympics. It seemed barely possible to train me in that short time to win every event. I wanted reassurance that it would indeed be possible for him to train me to train me to win every event?

The Master Trainer said:

“You’re not the strongest; you’re not the fittest; you’re not fastest; you’re not the most gifted – but you can win ‘em all!”

I pressed him: “Will there be enough time?”

The Master Trainer closed the conversation with an icy: “Time doesn't exist for us.”

The Master Trainer's apparent age was the same age as mine – 18. Yet some of his trophies and medals dated back to Games more than 25 years previously. I thanked him for accepting me for training. His reply was most touching.

“When the Pupil is ready, the Trainer appears. The Trainer needs the Pupil every bit as much as the Pupil needs the Trainer.”

Training sessions were all one-on-one. In the tradition, this is the only way in which the art of winning can be passed from trainer to pupil. When he is ready, a pupil may in turn become a trainer himself and train other pupils one-on-one; some of these in turn become trainers in the art of winning.

The Master Trainer acknowledged his own lineage of Master Trainers, and we gave thanks to them, before commencing our work-outs.

Throughout the progress of the training program, I was conscious of the feeling that nothing ever seemed new to me. Whatever the Master Trainer told me, and whichever of the techniques I practiced, everything was merely a matter of recognition of what I seemed always to have known. I asked why this was so, and I liked the reply:

“What is here now has always been here. What is not here has never been here. The total winner is in you as the total sculpture is in a log of wood.”

I confessed to the Master Trainer that I sometimes had the feeling of losing a grip on my training, as if something in me were resisting my winning progress.

The Trainer explained that when you stop at a gas station on a highway, this doesn't mean you're no longer on the highway. This simple response brought a great feeling of release from a nagging anxiety that I might not always be on the winning path.

I asked the Master Trainer: “If I wish to be a student, how would our training program fit in with this?”

“You are a Winner. Nothing but straight A's.”

“And if I wish to be a businessman...?”

“You are a Winner in every deal, in every boardroom battle.”

“And if I wish to be a physician or a lawyer or a poet or a musician or a writer...?”

“You are a Winner.”

“And if I wish to be a family man, a husband, a father...?”

“You are a Winner.”

“And if I wish to be a recluse or a monk, and isolate myself from the world...?”

“You would be a loser.”

My reply came out of my mouth before it passed through my brain: “So you can’t win ‘em all.”

The Master Trainer laughed at me.

Then, after a very long silence, he told me that I was such a loser that the winning progress would need the help of five other trainers, each one a former pupil of his. First he was sending me to Moscow to the world’s leading Olympic trainer who would teach me the mathematics of winning, and put me onto the fast track. Then, to a high energy trainer in Monte-Carlo. After Monte-Carlo, to a Zen trainer in Tokyo to learn the techniques of focus, meditation, and power breathing, followed by a trainer in Los Angeles who would lead me to the fountain of youth so that I could keep my body unalterably at 18 years of age. And then to London where yet another trainer would ease me into Unconditional Winning.

The Master Trainer warned me that I could have total confidence in the training methods of all of these trainers – except in one respect: All of them think that their training has a greater value on its own than it does have. So each of them would try to keep me a little longer than the allotted time. But I was on no account to spend more than seven days with each of the trainers. With a little more than one day’s travel time between each venue, this stage in my winning progress would take exactly 40 days and 40 nights. Finally, the Master Trainer would personally prepare me for winning each and every one of the Olympic events.

“During the course of your progress, all the aspects of winning will become obvious to you. You will become an Unconditional Winner.”

What follows is the record of my Progress along the path of Winning.

## CHAPTER ONE

### FAST TRACK IN MOSCOW

The Russian Trainer met me at Moscow airport and drove me to his dacha near the Olympic training complex. The Russian Trainer is the person responsible for more broken Olympic records than any other trainer in history.

The Trainer asked me to tell him what *koan* the Master Trainer had given me to work on in the 40 days and 40 nights of my Progress. He used the Japanese word “*koan*”. When I looked blank, he told me that the closest explanation of the Zen *koan* is an enigma or dilemma – but that it is not quite either. I still looked blank, so he told me that a *koan* is an iron wall that we have to break past in our training. This also did not help me.

I replied that I did not think that the Master Trainer had given me a *koan* at all.

“You may be certain that the Master Trainer has given you a *koan*. It is a basic training technique and a key element of your Progress.”

I asked him what he thought I should do to identify my particular *koan* and to crack it. He told me just to follow the training programs assigned to me by the five Trainers, and that the *koan* will eventually become apparent and will then solve itself.

#### ***The Profile of the Winner***

The Trainer gave me a broad matrix of winning:

“Winning is the activity, not the result. You just go from one victory to another without regard to any losses. They too are part of the activity of winning.”

The Trainer explained to me that his role in my training program was to give me the profile of the winner.

And so commenced my Progress with one-on-one sessions first thing in the morning, followed during the rest of the day with group stamina training with a team of tough Russian athletes from the Olympic training complex.

In our first training session, the Trainer reminded me many times that I am a born-again machine. This surprised me. Like most athletes set on the path to victory, I had picked up from coaches and sports books, that a key element in winning is the mind.

The Trainer said:

“At best, you can use the mind to set targets, or to record and marshal data.”

I asked the Trainer about mind over matter, about the mental attitude in winning. The Trainer refused to answer directly. Rather, he wanted the answer to come to me

experientially.

The Trainer sent me to the tennis center. He told me to use my mind to work out a method to determine the ballistic flight of the ball from my opponent's racquet and its bounce off the surface; to calculate the number of steps required and their length, angle, and speed, so as to be in the right position to return the ball; to determine the optimum position of the feet and shoulders and the angle of the wrist and racquet, the pressure on the grip and the swing of the racquet. With these givens, my mind was to work out how best to return the ball, the speed, the angle of flight, and the ideal amount of top and side spin. I was to use my mind to calculate how to play each winning shot, not merely for myself, but to be able to teach others how to play the winning shot every time.

He ordered me to play the first opponent who showed up, using mental analysis to achieve the perfect stroke in every point.

I could not have imagined how hard an assignment the Trainer had set me. I first tried it against the wall, trying on each stroke to bring all factors into the equation, but the more I struggled to process the stroke mentally, the more it escaped me. I did my best, but just the attempt to work out some kind of functional ratio between the flight of the ball, the force with which it arrived, the pressure on the racquet's grip, the angle of the hand, the angle of the swing, the position of the shoulder, the footwork, and all the rest, seemed to paralyze me totally.

I persevered for several hours until a young player came and asked me for a game. Obeying the Trainer, I tried to apply my mental analysis to every stroke. The young player beat me easily in straight sets.

Afterwards, I recounted fully my experience to the Trainer.

The Trainer told me to find him again the next day and to challenge him to a return match. He instructed me now not to use my mind to analyze anything, not to have any desire to win, and to use the mind only to picture the play of the point, the tactics, and the strategy.

“That Ukrainian kid is a very much more gifted player than you. He's taller, stronger, and a born champion. Now go and beat him.”

This time it was my turn! Beating him in straight sets, I learned everything that anyone needs to know about beating the stronger player at tennis. And better than that, I learned how to beat the stronger player in any sport. In every event there was going to be at least one competitor who would be better than I.

During that match I traveled light years along the path from “can win” to “will win”. I concluded that converting “you can win'em all” into “you will win'em all” is what makes the true Winner.

After the match, the Russian Master asked me to explain to him what had changed. I spoke about picturing the play, but not of the strokes. I told him how I pictured the setting up of the points and the kill, while ignoring the position of the feet, the turn of the shoulder, the angle of the wrist. But this was all trite stuff for him; he wanted the essence.

I then described in great detail what I had just learned about how to beat the better player.

Since my opponent was a more talented player than me in every way, I knew upfront that if I traded shots with him, he would lead me into the fatal sphere of seemingly unforced, but in reality, forced, errors. I therefore had to keep the ball outside of his comfort zone, and go for the kill – in one, two, or three shots, at most. Angled drops curving left of the tramlines followed high lobs to the right back corner followed flat hard forehands to the center followed the same stroke with a slice that made the ball flatten and stop in the air followed mean drops curling back to the net. When the kill was set up, the magic stroke every time was to put the ball away safely and carefully. Focus was maintained by reading the lines on the ball.

“Is that all?”

“Yes, Trainer, that’s all. I won every point that mattered on nothing more than that. And at every moment, I had the picture of the winning the point.”

The Trainer asked me whether I had used my mind to calculate where and how to hit the ball, or whether I fell back on instinct. I didn't need to answer with words. We shared a smile.

“When you have crossed a river in a boat, you don't need to carry it overland on your back. You leave it behind at the side of the river. It has already served its purpose. From then on, it is merely a burden.”

The Trainer told me not to move and assured me that he was not going to touch me. Then he sprang at me like a tiger and roared like a bull. I flinched and ducked as he took a swipe in the air near my face.

The Trainer asked me why I ducked when I knew that he was not going to hit me. I replied that it was just instinct - and indeed it was. The Trainer tossed a ball at me, and I caught it.

“You can trust your instinct. It will do the right thing at all times. You can't trust your mind – it may or may not do the right thing. “You have, at least once, hit every winning stroke. Your instinct is the most sophisticated computer program. Everything is in it. Just learn to access the winning stroke at the right moment.”

I reflected that Mozart had only twelve notes, the same as everyone else. His genius lay in accessing the right notes and the right combinations of notes at the right moment.

The Trainer told me that a true winner obeys Nature. She always takes care of you.

### ***Free Will and Destiny in Training***

I asked the Trainer whether I was free and autonomous to do anything about winning, or whether everything was predetermined.

The Trainer said:

“Free will and destiny co-exist in perfect harmony. You must cook the seeds of your destiny.”

The Trainer ordered me to go to the market and to buy the best quality ingredients for a private banquet, and then to take them to my own kitchen and cook these ingredients by myself and for myself. I had never learned to cook and the meal was not very tasty.

Then he sent me to the market with a quarter of the money to spend on ingredients for his wife to prepare a dinner.

Afterwards, the Trainer asked me impishly which meal I had preferred. I didn't need to reply.

The Trainer said: “Destiny is what you find in your own personal kitchen. Free will is how you cook what you find there. You know that you weren't born the best or the fastest or the most gifted. Your body, genetic make-up, and your past opportunities, are what you have found in your kitchen. Now cook the seeds of your destiny and become the most performant!”

### ***Sports Coaches***

The Trainer made it clear that developing specific techniques in the different sporting activities was my responsibility, and not his. He was not impressed with most sports coaches. In his view they tend to break down first, instead of just building right away on what is already there.

The Trainer said:

“Give yourself the profile of the Winner. Then everything that you do is right.”

The Trainer insisted that it was my sole decision whether to go it alone or to find outside coaches.

“You have 25 coaches inside of you. Hear them! and obey them!”

In the course of my Progress, I learned to hear them all, and to obey them all. Especially the two master coaches, the heart-beat and the breath. The Trainer told me to take my pulse rate. Then he made me focus internally on my heart-beat without doing anything. He told me to listen to this coach, and pay attention to its counsel. With a bit of practice, I was pleased to observe a substantial slowing down of the rate.

“The master coach is the breath. The breath is an even greater coach than the heart-beat.”

The Trainer told me to watch my breath as a witness watches an outside event. After a few days, I told the Trainer that I had noticed that, during some

breath-watching sessions, my breath would simply stop altogether, sometimes for quite long periods, though I could never be quite sure for how long, since, when this happened spontaneously, I was not aware of its arrest. Sometimes, too, the air would go out of my lungs very slowly and then, at the end, when it seemed as if there was no more air left in the lungs, there would be a short deep *phutt*, as if I were really expiring.

The Trainer told me that this development in me gave him immense joy. Then he told me that the meaning of life and death lies in the interval between two breaths.

I decided not to seek out any external coaches for the individual sporting events.

The Trainer warned me against injuries. Sport is fraught with injury hazards. So is everyday life. Keep clear of injuries. Prevention is very much better than cure. If injuries do occur, get them fixed well and fast. If you can't heal them yourself, make sure that you find someone who can heal you.

The Trainer placed me face down on a firm surface. Then he ran his thumbs down the nerves on either side of the spine, always working towards the heart. Whenever he noticed a difference between the two sides of my body, he firmly pressed out any nodules with his thumbs. He then did the same to my legs and arms and shoulders.

These acupressure techniques worked very well, except in one area. No amount of attention could fully loosen up my lower vertebrae or entirely remove a lingering feeling of dull pain from my lower back. The Trainer measured my legs, and found the one slightly longer than the other. An insole, less than a quarter of an inch thick, placed in my left shoe, added 15 yards to my golf drive, enabled me to kick the rugby ball before the enemy could run me down, gave extra power to my tennis serve, and shaved seconds off my cycling, running, and swimming times.

The Trainer did not spend much time working with me on the Perfect Health Program, which the Los Angeles Trainer had been assigned to teach me. But the little he did say has remained etched into my very being.

The Trainer said:

“Your body is the temple, the *dojo*, the arena. A man must learn to see himself as he truly is and he will become a king.”

### ***Will Power in Sport***

Sometimes the Trainer came up with directives that I didn't really understand:

“Will-power is the language of instinct. The very result is built into the will. So relinquish any desire for the result. It is the will itself that gives you the result. Clinging to the result weakens the power to achieve the result.”

The Trainer saw that I didn't know what he was talking about, so he went and filled a basin with water to be my teacher. He told me to cup my hands, to take up as much water as possible, and to drink it. My hands held about half a cupful. Then he told me to grasp the water with both my hands and to take as much as I could; I was

barely able to moisten my lips with the water that I could take up in my clenched fists.

I asked the Trainer how I could train my mind to develop greater will-power. He asked me about my New Year resolutions, and I admitted that I had seldom managed to carry them past January 2nd. This concerned me a lot. If I couldn't use the mind to develop will-power, where was I to find the will-power needed for my sports training program?

The Trainer said:

“Will-power doesn't come from the mind. You'll find it more easily in your throat, or more precisely, in your thyroid. Will-power is the way in which you access your instinct through the forces of awareness, autonomy, and spontaneity. When you run, you are aware of only those things that are there - the road, the trees, your body, your shoes, the temperature, the sound of the birds. Your mind is not traveling along uncontrolled paths from one unconnected thought to another. It does not turn off onto the wrong fork in the road. As for autonomy, when you strive, let it be *your* striving only. When you win, let it be *your* winning only. When you sing, let it be *your* singing only. These are your own experiences, your own feelings, and no-one else's. What others say they feel or experience is theirs, not yours. Autonomy is when your feelings have no other frame of reference than your own. But above all, stay spontaneous. Spontaneity is the message of the heart. It is always true. When the message passes through the mind, it loses its spontaneity. Then it may then be true or it may not be true. You can never depend for sure on the messages of the mind.”

The Trainer's replies left me bewildered. I knew what he was going to say before he said it. But his words did not tell me how to achieve these states.

The Trainer said:

“Don't worry about will-power. As you train your focus and your energy level, so you will find that your will-power effortlessly becomes your most easily accessible tool. You can trust your instinct. Awareness, autonomy and spontaneity follow on their own.”

### ***Focus in Training***

These one-on-one sessions with the Russian Master lifted me to a state of excited confidence. And then immediately afterwards, one or another athlete from the Olympic village smashed my times, floored me, outran me, outswam me, outhit me.

Each morning I became progressively more certain that I could win every event in the Olympics, and yet every afternoon one or more of those Russian kids gave me a lesson in humiliation.

The Russian Trainer told me that I was weak on focus. I couldn't believe him – I was focused to the point that there was nothing else in the world at any moment. He gave me a lecture on focus that I have ever since tried to make the foundation of all

my training.

“Focus is the razor's edge. The razor's edge lies between the opposites.

“**Don't look at the score.** That is the past. And whether you look back with self-satisfaction or self-recrimination, a backward glance breaks focus.

“And **don't look at the cup.** That's the future. And whether you look forward with hope or fear, a glance into the future breaks focus.

I asked whether that was all.

The Trainer said:

“**Don't look at the crowd.** What you think others think can interfere with winning.

“And **don't look at the opponent** – except for two purposes. To get information so that you can read the opponent's racquet or meet his punch or avoid his boat. And to intimidate him with the glare from your eyes. Remember that your glare is more powerful if you look into the right eye.”

The Trainer asked me to sit quietly for two hours and to revisit in detail my victories and my defeats and to try to recall my power of focus at such times.

Through this odyssey of pleasure and pain, satisfaction and frustration, I arrived at the overwhelming conclusion that the single factor that had cost me most matches was lack of focus. At the end of the two hours, I asked the Trainer what I should do about loss of focus.

“Read the writing and the lines on the ball, see the white on the opponent's fist. Only the ongoing present can preserve your focus. The combination of instinct and energy will deliver to you the ongoing present, and with it, freedom from the dual tyranny of the past and of the future. A moment is born of the past, exists in the now, and melts into the future - but never disappears. The *now* lets you squeeze the juice out of every moment and throw away the rind.”

The Trainer sent me to the pool and told me to clock my best time. My time was in fact not much short of the world record. But still it was short. The Trainer told me to focus on the clock and to slow down the hands of the clock so that I had more time for each lap. It worked, and I soon started trashing some of the Russian pretenders to Olympic gold who had previously had better times than I had.

The Trainer told me:

“It doesn't really matter how you get there. Just be a born-again machine.”

At least now I was truly on the path to “*can win*”. And I confidently began to set my sites on “*will win*”.

## ***Energy Training***

On my last night in Moscow, the Russian Trainer called me into a small adjunct training hall, for the initiation into what was to become the most important part of winning: energy training.

“All other things being equal, it is the player with the higher energy level who wins. Energy is the path to winning. But, much more than that, it is the path to happiness, power, success, creativity, freedom, youthfulness, attractiveness. Energy is life's precious gift. We welcome its divine touch. We deeply lament its loss. How wonderful is it then that, with correct personal energy management skills, it should be possible to access energy at will. And how much more wonderful is it still that these invaluable skills should be so easy to master. An inexhaustible supply of energy is our birthright. It is always there, just waiting for us to tap it.”

I once more had the feeling of a re-affirmation of what I had known all along, and of what has been known by all peoples everywhere ever since Man could know.

*There is nothing new under the sun.*

The Russian Trainer told me that the Monte-Carlo Trainer and the Tokyo Trainer whom I would be visiting in the coming weeks would give me series of time-tested energizing techniques for recharging the personal batteries. I would find that “energy is *joie de vivre à la carte*.”

I asked the Trainer whether it would be possible to access these energizing techniques even without a trainer. He explained that since all energizing techniques are founded on universal knowledge and universal experience, everything should be available to everyone. However, most people have lost the ability to access what is always there. And even if you can access these powers yourself, very few can teach someone else to tap the full powers within. That would normally require a trainer in the line of the masters who have kept alive for thousands of years those practical and effective techniques of personal energy management that form the unconditional winner. To these techniques have been added new routines, as new trainers developed variations of the old techniques and even new techniques.

The experiential character of these techniques makes it possible for anyone to practice them, and the flexibility in the choice of exercises means that you can adapt the techniques to your own personal condition and still be sure of success. And, even more wonderful is that it is possible to benefit from using any part of the many techniques and routines; it is not an *all or nothing* system. The aspirations and the possibilities of some are not the same as those of others.

Then the Russian Trainer surfaced the proposition that there is a direct mathematical ratio between the amount of your oxygen retention and your ability to recuperate during effort. He took me painstakingly through the findings of the Russian scientists and athletes into the techniques of re-energizing through the effort itself. This treasure trove of energizing techniques threw me into a state of awe.

The Trainer's explanations contained sparkling insights into the nature of fatigue and

the process of regeneration during muscular effort. I was particularly delighted with the practical recommendations on recuperation, during both training and competition. Though all of the training programs shared a common basis, the highly individualized disciplines for athletics, swimming, cycling, skiing, weight lifting, gymnastics, team sports, the martial arts, fencing, basketball, volleyball, indeed for each sport, were specific to that sport.

Some of these energizing techniques and routines aimed at increasing the effectiveness of the workout; others at increasing the effectiveness of rest.

Of these techniques, the most unexpected were the so-called “active rest” techniques whereby you can actually use the activity itself to trigger the recuperation process. The key always lies in increasing the amount of oxygen intake and retention. The greater the amount of oxygen in your lungs and body, the slower you will be to fatigue and the quicker you will be to recover from fatigue. This can improve performance by a measurable factor in sports where your performance can be measured, like cycling, swimming, running. In the case of sports where winning and losing may depend also on how your opponent is performing, this is harder to measure directly, though the improvement could be indirectly “measurable” in the percentage of events won.

The Russian Trainer’s conclusion electrified me:

“Everything adds up to the one overwhelming conclusion: increase your oxygen intake and retention can increase recuperation in a direct mathematical ratio. If you retain your energy while your opponent becomes tired, then, all other things being equal, it is you who will win.”

The secret was no longer a secret. The obvious had become obvious.

I found the proposition that winning could be reduced to a mathematical equation, thrilling beyond words. I wondered why I had not previously been aware of the obvious.

The Trainer signed off with:

“The breathing program which the other Trainers will be teaching you will deliver to you the key to winning. The Master Trainer will then show you how to turn the key.”

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As we parted, I thanked the Trainer for having revealed to me his training Secrets. He responded that we hadn’t had enough time for him to give me everything that I needed. I could reply only that the Master Trainer had put a limit of seven days on each of the five traineeships.

A feeling of incompleteness lay heavily on me. It was not just that my performance still fell short in some of the events; it was above all that I did not understand how I could be a Winner at all when I did not win every event.

On the flight from Moscow to Nice, I reflected on the week's training. Then on the short helicopter ride from Nice Airport to Monte-Carlo, I wrote up for the Master Trainer my summary report on the Moscow phase of the training.

*“Getting onto the Fast Track is an essential part of the overall training program, but it is just not enough.”*

## CHAPTER TWO

### MIRACLE IN MONTE-CARLO

My next Trainer was at the Monte-Carlo Heliport to meet me, and she took me straight to the Gym. The Gym was an amazing surprise.

Monte-Carlo is many things to many people, but it is certainly not the sort of place where you would expect to find the path to Shangri-La – and even less so, in a luxury gym wedged between the Monte-Carlo Casino above and the Loews Casino below. When the American hotel chain was granted rights to build a new hotel and rival casino on the promontory below the Monte-Carlo Casino they brought to the old world games of roulette and vingt-et-un, some new world games too. Those who feel more at home in a craps game would be able to find Las Vegas in Monte-Carlo – a sort of home from home. There was the full range of gastronomic restaurants and fast-food snack bars, ballets, operas, and cabarets, with an American style health spa and heated swimming pool. The casino policy is simple: the guests must never be tempted to leave the premises – or they might not come back to the casino later to carry on with their gambling. A gym with top American standards was a must.

It was in that magnificently fitted gym with one of the most beautiful views in the world extending over the Mediterranean to the promontories of the French and Italian Rivièras, that the Trainer initiated me into the techniques of the High Energy Program.

The Moscow Trainer had told me that the Monte-Carlo Trainer is one of the world's top specialist in energy training, and that her High Energy Program not only gives exceptional energy but is also a short cut to accessing instinct.

Before we started our first workout, the Trainer asked me to tell her what *koan* the Master Trainer had given me to work on.

I gave her the same answer as I had given to the Moscow Trainer, that I didn't think that the Master Trainer had given me a *koan* or even why he would want to give me a *koan*.

She told me that the Tokyo Trainer whom I was visiting next would explain this to me.

“The *koan* is a training procedure. When you know what your *koan* is, then you will really have begun your Progress. When you crack it you will be ready to arrive at where you are going.”

#### ***The High Energy Program***

The Monte-Carlo Trainer picked up seamlessly from my last training session in Moscow:

“One of the best things about a high energy level is that you can make peak experiences – and even miracles – happen. For most people, miracles are

programmed to come into their lives only occasionally and through the intervention of some outer force. So miracles occur for them, if at all, at unexpected times and places; and, even when they do occur, they frequently go unobserved. Sadly, the state of Grace simply passes most people by. Others know how to make miracles happen, and can do this when and where they want them to happen. These special people are normally those who have highly charged personal energy batteries. That is why children can make miracles occur more easily than adults.”

When I asked her further about the nature of a miracle, she quoted the words of Maimonides: *“A miracle cannot prove that which is impossible; it is useful only as a confirmation of what is possible.”*

I liked the feeling of being able to make miracles happen.

The Monte-Carlo Trainer told me that most of what she knew came from the Master Trainer himself. But certain of the miraculous techniques of the High Energy Program were developed at the Gym in Monte-Carlo by a young boxing and swimming instructor from Reunion called Frank. Frank had developed an exercise routine, which was totally enthralling. All participants were instantly caught in the midst of a spell and cared as little about how the magical elixir was brewed as a drunk cares about viticulture. The joy of becoming wild strong fun-loving sexy adolescents again, was like a dream coming true – and this was a dream that most of them hadn't even dared to dream. For young and old, there was the heady thrill of feeling that anything you desired could be attained just by stretching out your hand and taking it.

The more I worked with Frank's program the more I came to accept its truly magical powers. I was breaking more and more records, winning more and more competitions, and proving again and again the rule that all other things being equal, the adversary who gets tired loses, the adversary who doesn't get tired wins. I was becoming more and more convinced that you can win'em all.

The trainer had urged Frank to reveal how his magic worked. But Frank was great on practice and poor on theory, and would only reply with a softly-spoken: “I don't know how it works - but it does work. The High Energy Program will reveal its Secrets to you in its own way”.

Frank stated firmly that his techniques were not merely the product of his French university courses in physiology, anatomy, and sports training. And that they were not just pupils working out in a gym, or even guinea pigs in some kind of training experiment. Frank wasn't experimenting. He had total certainty that his techniques worked. And even those participants who were short on faith speedily proved the validity of the High Energy Program experientially on themselves.

After five years of training, by which time the energizing routines and techniques were already fully tested and accepted by the Trainer as incontrovertibly effective, Frank announced that he was going back to his island home of Reunion. The first reaction of everyone who had been working out with him was a type of panic. Would the spring of youthful energy dry up for after he left? Would they suddenly become fatigued? Would they meet their true age again like Dorian Gray? Or turn into Cinderella's pumpkin at midnight?

The Trainer tried to gather more information from Frank as to the *how*, the *where*, the *when*, and above all the *why* of the wonderful techniques and routines that he had taught. Frank had always been rather taciturn and he stated simply that it hardly mattered. Like any true instructor, Frank had used one-on-one training and had passed on his teachings through body memory.

The Trainer had asked Frank where he had acquired the know-how to develop his High Energy Program which seemed to be the first of its kind practiced anywhere on a systematic basis. Frank always maintained that the Program was its own thing, though it seemed fairly clear that it carried the marks of Frank's formal training given to gym instructors in the French University system. Frank always denied that he had any knowledge whatsoever of hatha yoga. And this may have been true, since the one most important feature of the High Energy Program, which differentiates it markedly from the ancient hatha yoga postures, is the fact that the yoga postures are static, while the energizing exercises are mostly dynamic. In comparison, the main difference between the energizing exercises and the exercises performed in aerobics and physical culture classes is that these latter movements are quick and mostly unrelated to breathing, while all movements in the energizing program are extremely slow, with the essential breathing ratios being integrated into the movements themselves. So, while aerobic exercises can be fatiguing, the energizing program can only be refreshing.

Monte-Carlo is like a college campus of transients. All of the other participants in the Program have since scattered around the world, and the Trainer confessed that she did not know whether any of them other than herself is teaching the Program.

However, she stated with conviction that anyone who practices regularly the High Energy Program will be able to move far along the path to an energizing lifestyle.

“If you wish to concretize the state of permanent energy and the concomitant feeling of blissful happiness, you should also use the techniques which the other Trainers will give you in due course. Together these will take you to the summit of your personal potential and maybe even way beyond. You will make miracles happen.”

### ***The Energizing Breath***

The Monte-Carlo Trainer quoted the poet, William Blake:

*Energy is eternal delight.*

She assured me that: “All of the exercises in the High Energy Program have the same breathing technique. It hardly matters which exercises you do. As long as the breathing is performed correctly, the result will always be the same.”

The Trainer had her favorite exercises. But she insisted that they were no more special than any of a thousand others, as long as they were performed with the energizing breath. The Trainer varied and combined the exercise routines with infinite creativity, so as to insure that I would work all of my muscles and maintain the highest level of suppleness in all joints, tendons, and ligaments. But those were

secondary considerations. The bonding breath always worked, whichever exercise I performed.

The essential breathing technique in the High Energy Program consists of getting right the three parts: inhalation, exhalation and retention.

When you inhale, you just accept the in-breathe indifferently as it comes. You can breathe in either through the nose or the mouth; or, if you prefer, sometimes the one, sometimes the other. Your in-breath should mostly be relatively brief, but this is not essential. You may note that, after a long exhalation, it sometimes comes in with a gasp; at other times, it may be slower and fuller. Give the body only what makes it feel comfortable. Don't hyperventilate or force the in-breath; this could spoil the effect.

On the other hand, the exhalation is the magic wand. When you exhale, breathe out as slowly as possible. It is preferable to breathe out through the mouth, but again this is not an absolute rule. You should aim to make the out-breath as complete as possible; even after you think that there cannot possibly be any breath left in your lungs. Forcing the lower abdominals against the spine will enable you to empty the lungs even more. It is essential that the breath should always accompany the exercise movement.

The key is to make the movement go as slow as the breath, and the breath as slow as the movement. Slow down both the breath and the movement to your limit, and then extend that limit as your power increases.

Always end the movement with empty lungs and with the abdominals pushing back firmly against the lower spine.

Then, after it feels as if the lungs are completely empty, you try to expel even more air so as to insure that there is no air whatsoever in any part of the lungs.

To complete the power breath, a pause without breathing is essential. This can be done either with empty or with full lungs. The pause on empty lungs produces a more powerful effect than with full lungs; but in either case, it took me to total immobility and total relaxation.

Soon I achieved the extra dimension, with immeasurable added power, by contracting the abdominals against the spine, with the lungs absolutely empty so that it became like a vice. Not only does this firm up the muscles to a point that you could jump on my abs, but it gave me vital support on the inner side of the lower vertebrae, giving me the ability to ease and prevent lower back pain at will.

Out of this practice evolved the true power grunt. For the first time, the grunt came like an explosion of strength straight from the diaphragm, and it was there for me whenever I needed it.

I practiced many different exercises with Frank's breathing routine. Push-ups, sit-ups, pumping iron, in fact any exercise routine did just as well.

The Trainer said:

“Use any of the energizing breathing techniques which give you a quick fix. Never forget that, by using any of the energizing techniques at the right time, you can increase tremendously your chances of beating an opponent in any sport requiring stamina.”

This gave me a great advantage – I simply used a power breath or a power abdominal contraction at every empty moment. I lost the memory of what it was to feel tired, and was beginning to understand the Grand Master’s injunction to be a *born-again machine*.

The Monte-Carlo Trainer sent me to the Olympic pool in the Port along the circuit of the Grand Prix. There’s a lot of energy there; swimming laps from west to east you face the Alps, and on the return you face the ramparts of the prince’s palace. To the south there are the yachts in the port and to the north the pits and the podium for the Grand Prix winners.

I wasn’t there to have fun. She drilled me mercilessly on breathing. Of necessity, swimmers program their breathing, while in other sports you are obliged to introduce more discipline into your breathing in order to maximize your energy. I was to study my breathing as if it were my main Olympic coach – and indeed for her it was. I was then to take the model breathing patterns and apply them to other sports.

I was delighted to find an almost immediate increase in my energy level on the sports fields, in combat, and in the weights room.

The Trainer monitored my energy level through the usual stamina tests. She was particularly interested in measuring the amount of time it took to recuperate between bursts of effort.

“By integrating the High Energy techniques into your sporting activities, it becomes possible to recharge your batteries while playing, so that the very effort itself becomes an energizing factor. Just integrate your breathing into your game. This is active rest.”

### ***A Merry Heart***

The Monte-Carlo Trainer frequently quoted King Solomon’s admonition in *Proverbs*:

“*A merry heart doeth good like a medicine*”.

In her opinion, a good physician should prescribe a hearty laugh every day. So she encouraged me to watch funny movies, to tell jokes, to clown; indeed, to do anything that would make me and others laugh.

“Laughter enriches the blood. A good belly-laugh gives the soul, body, and mind a charge of energy, and reverses the march of time. People who tell you not to be childlike are odious killjoys; it is marvelous to be childlike. Childhood is a state of Grace. Unpremeditated laughter liberates you from pessimism, from fear, from pretentiousness – and this is marvelously rejuvenating.”

I was ready to leave Monte-Carlo for Tokyo, as powerful as a charged battery and

with much merriment in my heart.

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As we parted, I thanked the Trainer for having revealed to me her training Secrets. She responded that we hadn't had enough time for her to give me everything that I needed. I could reply only that the Trainer had put a limit of seven days on each of the five traineeships.

A feeling of incompleteness lay heavily on me. It was not just that my performance was still falling short in some of the events; it was above all that I did not understand how I could be a Winner at all when I did not win every event.

On the plane from Paris to Tokyo, I wrote up for the Master Trainer my summary report on the Monte-Carlo Training.

*“The High Energy Program is an essential part of the overall training program, but, even on the Fast Track, it is just not enough.”*

## CHAPTER THREE

### KI IN TOKYO

The Japanese word for energy is “*ki*”.

When I stepped off the Bullet Train in Tokyo, the Trainer was exactly at my exit to meet me. I noticed that the platform had been marked with the seat numbers. I surmised that that was why it had been possible for him to know where I would be getting out.

The Trainer said:

“If you had been coming in by air, by foot, or on the back of an ass, I would have known exactly when and where to meet you. Even the lowliest creatures find their way through the darkness to the light.”

He took me to the *dojo*, and as we walked up the stairs, the Trainer asked me to tell him what *koan* the Master Trainer had given me to work on.

I replied that I did not yet even know whether a *koan* had been given to me or how I would go about unraveling it when I did know.

The Trainer said:

“The *koan* which the Master Trainer gives to each of his Pupils can come as an anecdote, or a dialogue, or a statement, or a question, or a situation. You can’t crack the *koan* intellectually because it shuts out all possible avenues to rationalization. When you crack the *koan enigma* you open up a new kind of power. That’s Zen.”

Then, without warning, the Trainer gave me a mighty blow, knocking me flying down the steps of the *dojo*.

The Trainer said:

“The Secret is that if you want the winning results, you might not be able to get them; if you are indifferent to the winning results, you can win every event. But *can win* is still not *will win*.”

I asked whether that was my *koan*.

The Trainer grabbed my nose and twisted it until I thought my face was going to break. Throughout, he was laughing uproariously.

The Trainer said:

“Of course that is not your *koan*. When you recognize your *koan* you won’t have to ask. Having a secret revealed is not the same as cracking a *koan*. I told you that the *koan* shuts out all possible avenues to rationalization.”

## **Zen in Sport**

We worked out in a wooden *dojo*, built for the practice of the Martial Arts. The hall was holy. On entering and leaving, we bowed. Before each workout, we prayed. After each workout we gave thanks.

I asked the Trainer:

“What is the right attitude for a Winner?”

The Trainer said:

“Don't have an attitude at all.”

We sat on our heels for a long time before he elaborated at all on what was obviously to him a complete answer. He understood that what was a complete answer to him was not yet a complete answer to me.

The Trainer said:

“If you aim at the target, you might or you might not hit the target. But if *something* in you aims at the target, it will hit the target every time. You need to prepare yourself correctly to access that *something*, which is outside of your mind and its desires. The correct preparation must be physical, mental, and spiritual. When these three elements come together, the result comes on its own and without desire. Give yourself the profile of the Winner. You can depend on your body and on your instinct; you must silence your mind in order to attain the Winning. Just identify the desired result, take aim, and then concentrate on the means of attaining the result without reference to the result itself. This state of *take it or leave it* will open the path to victory.”

All of the Trainers gave credit to all of their Trainers. The Trainer quoted Jean Klein, his first Trainer from the days when he was a student.

*If you are driving from Tokyo to Kyoto, you should look at the map and at the road signs. Having taken direction, you then drive with only the road itself in your vision. If you make the mistake of aiming at Kyoto, without reference to what you can actually see from moment to moment, you will certainly hit the first car or tree you encounter. This is what happens to someone who looks at the result instead of focusing on the performance itself.*

The Trainer told me that Zen could only be learnt through the practice of a Zen art, and that I would learn what I needed to know through the very activities of karate, judo, aikido, and archery, as taught by a Zen Master. When my technique was perfect and I was empty of desire for a result, I would invariably be a Winner.

I was interested to learn that the word *Aikido* comes from the Japanese words *ai*, meaning “match” or “coordinate”, *ki*, meaning “breath”, “spirit”, or “energy”, and *do*, meaning “art” or “way”.

The Trainer said:

“Everything that you have learnt about winning in sport applies equally well to every other life activity. When your focus is totally encased within the ongoing moment, success just comes automatically on its own. Living in the *now* liberates you from time. Awareness of your activity, without bondage to results, makes you eternal. In your moments of total consciousness, you live without feelings of hope or fear, without feelings of responsibility, without feelings of age or time. In these moments of full awareness, you have everything, because you want nothing. Subject and object become one. You become the actor totally integrated into the act. This leads to a peak experience in a state of Grace that transports you gently but certainly into the winning mode.”

The Trainer quoted from Yogananda, another of his Trainers:

*You yourself, either now or in the past, have created all opportunities that arise in your path. Since you have earned them, use them to best advantage.*

### ***Restoring the Soul***

The Trainer said:

“The word *Zen* means *meditation* in Japanese. Many top level athletes and sportsmen talk openly of the use of meditation to enhance performance, and give accounts of impressive improvements in their times and in their scores. This is so, not only for sport. It is when the mind is emptied that the best business, professional, and personal decisions are taken, the best speeches made, the best examination papers written. Japanese executives meditate most days, and use meditation to prepare for meetings. You probably noticed that many of the businessmen sitting on the Bullet train on their way to meetings had their eyes closed for most of the journey. They were meditating.”

The Trainer asked me to read the 23rd Psalm aloud.

*The Lord is my shepherd: I shall not want.  
He maketh me to lie down in green pastures: He leadeth me beside the still waters.  
He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.  
Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me: thy rod and thy staff they comfort me.  
Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.  
Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever.*

The Trainer said:

“Meditation makes you lie down in green pastures and leads you beside the still waters. Meditation empties you, and, by removing the blockages to

energy, restores your soul. By serving the function of spiritual and mental spring-cleaning, meditation automatically gets rid of the cobwebs and wipes the glass, thus freeing your instinct. Energy itself is there in you all the time; it is simply waiting to be accessed. By giving you the ability to access this source, meditation is invariably energizing.

The Trainer also showed me the results of some Harvard tests demonstrating that the likelihood of ever having a heart attack is significantly reduced through 20 minutes of meditation daily.

I asked the Trainer to teach me how to meditate. His response surprised me.

The Trainer said:

“You meditate frequently in everyday life without even being aware of it. Every time that you are in the ongoing present and you forget about the past and the future, you are meditating. Whenever there is a pause in your breathing, you are meditating. There are countless forms of meditation, and you will achieve wonderful results with any of them.”

The Trainer gave me some valuable tips, though he assured me that none of them is essential to successful meditation. He told me to sit comfortably, close my eyes and smile gently to relax the muscles of the face. To hold the spine erect, he got me either to sit cross-legged and separate the buttocks so as to block the lower three vertebrae, or to sit on my feet as we did in the *dojo* before a fight. He advised me to drop the left hand into the open right palm, both palms open and facing up so as to close the energy circuit.

I did what he told me to do. Afterwards I opened my eyes and stood up. The Trainer hit me so hard that I fell back against the wall.

The Trainer said:

“After meditation you open your eyes gently: at first, just a slit; then, fully. Stare at a point without blinking for as long as you possibly can. A blink is a think. By not blinking you hold your focus single-pointedly, and you thus develop great powers of concentration. Only then get up, but very slowly. In fact, whenever you work out on the ground, pause before rise, and stand up gently, rather like a rag doll hanging loosely forward. Always be kind to your heart.”

The Trainer taught me a number of different meditation routines. Teaching took place in the Great Hall; my private meditation practice without the Trainer took place in the Meditation Hall. Sometimes he made me sit for hours in front of the pale green wall, and if ever I nodded, he would clout me across the shoulders with a thick baton.

One magical evening, he took me to his home. His daughters washed me, and when I was clean, I soaked in a big round wooden tub. Then they dried me, dressed me in a blue kimono, and massaged me by jumping on me and beating me with their elbows and knees. The sushi dinner was wonderful but not enough.

After dinner we watched a video of the movie "*The Big Blue*" by Luc Besson. In this movie, the champion underwater depth diver meditates for an hour before the world championship. He then pushes limits beyond limits until he dies in the struggle to surpass all limitations. I didn't just view this movie - I lived it profoundly. I shared the hero's experience as fully as if I were he. I told the Trainer that my preparation for top sporting performance would never again be the same.

During my Tokyo week, the Trainer gave me a number of other meditation routines. My favorite was *the Inner Smile*, and I learnt to put a smile in my eyes and then fill all the vital organs with the smile, ending with a smiling heart. Sometimes I used Tibetan color breathing to paint my body red for the physical, blue for the mental and violet for the spiritual. The Master also recommended hearing one instrument only while listening to music played by an orchestra or a group. I would make a determined effort to block out the other instruments, and if I did this with headphones I could intensify the experience and hear more than the music, even the sounds of the contact of the bow, the resin and the fingers moving across the strings.

The Trainer said:

"It is possible to influence one's energy level as well as one's mood by listening to music. Know which music gives you the right kind of stimulus."

The Trainer favored breath watching above all other forms of meditation. He taught me to watch my breath, as a witness watches an event. The witness does not control the event at all. For example, when you go to the movies, you do nothing to influence what happens on the screen. So too, in breath-watching, you do nothing to influence the breath. You just observe the coming and going of the breath - sometimes deeper, sometimes shallower; sometimes longer, sometimes shorter.

The Trainer said:

"Breath-watching immediately recharges your batteries. You will derive unimaginable benefits from breath-watching at any odd moment during the day whenever you wish to switch off and empty out. After a while, there may be a pause between the breaths, particularly after exhaling, when there is no air at all in your lungs. Welcome these pauses. They are the precursor to the state of Grace."

The last day before I left Tokyo, we went into the dojo at dawn, and the Trainer taught me how to surround myself with the white auric circle.

The Master said:

"The aura that was seen by the ancients around the heads and bodies of the saints is the Great White Auric Circle. You can force yourself, by a huge effort of will, to experience this Auric Circle by surrounding yourself with a shiny white egg-shaped dome. When you get comfortable with the big white aura, you can then tinge its outer rim with violet. The best time for this routine is after meditation. Surrounding yourself with the impermeable aura of the Great White Auric Circle is an infallible protection against harm. Never go into a fight without it."

I asked the Trainer for a remedy against mind wandering, because I had found that I sometimes performed below standard when unguided thoughts interfered with focus. The Trainer ordered me to give up those pleasures and evil habits which show up during meditation practice and which thus disturb the mind.

I found this easier said than done. However much we may feel that we are our own masters and however much we may practice meditation, we usually find that the mind carries on with its undisciplined travels. Somehow the restless mind finds a way to break through the meditation, just as it will break through the concentration required for our everyday activities.

The Trainer told me to observe this phenomenon and to use it as manure to fertilize the struggle for mastery. Just confronting this question is the great liberator. Carved into the entrance portal of the Temple of Delphi is the injunction:

*Know thyself and be free.*

The Trainer gave to each of his pupils an instrument of thought or mantra. He told us that the word mantra comes from the Sanskrit words *man*, meaning “to think”, and *tra*, meaning “to protect”.

The Trainer said:

“There is great power in the *mantra* technique since the frequent repetition of an instrument of thought can give you security, success, freedom from problems, increased love power, victory. A *mantra* is a group of words, which does not work through the mind. Your mind must get inspiration from your *mantra* -- not the other way round.”

The Trainer told us to let the *mantra* move in as a permanent and welcome guest. At any time during the day, irrespective of what we may be doing, we were to repeat the word or phrase, sometimes reflecting on the special significance that it had for each of us, and sometimes just repeating it. The more frequently that we repeated the *mantra* and the more that we tuned into its personal meaning for each of us, the more powerful it would become as a magic wand for our aspirations and as a shield against adversity.

I asked the Trainer how this was possible.

The Trainer said:

“The natural power of sound is beyond a human mind. Everything can be affected by sound. Sound is a mystery. Sound melts into you with a new kind of power. Through the intensive repetition of your instrument of thought, visualization becomes actualization. You reduce the gap between what you want and what you have. But you can never work out why it develops wisdom and imagination, or how it works in the mind, the spirit, and the body.”

He told us that if we would shout the mantra many times, this could assist in healing. This technique is the quickest, easiest, and most automatic way to escape pain, and is even more powerful if one says the *mantra* when in or near water.

Surprisingly, the Trainer told us that it is possible to generate even more power from practicing this technique silently than from saying the *mantra* aloud, and that it is best to imagine shouting the *mantra* at the top of the voice while remaining completely silent. Tennyson achieved this by repeating his own name.

The Trainer gave me a personal *mantra* and told me that I was not to change it until given a new one by the Master Trainer.

I tried the *mantra* technique before, during, and after sporting events. I reported to the Trainer that it helped greatly with focus, and that I was getting unexpectedly good results – in fact, I was winning nearly all of my fights in karate, tai chi, judo, jujitsu, tai kwando, aikido.

The Trainer said:

“Power is there all the time, like the water in a pipe behind an unopened tap. When it is opened the power gushes out. We are merely vessels. You can always trust in your *mantra*. All problems can be solved by its unceasing repetition. Remember, you don’t say the *mantra*. The *mantra* says you.”

### ***Power Breathing***

Power Breathing is alchemy, and I was the sorcerer’s apprentice.

One day there were ten of us training in the *dojo* when the Trainer unexpectedly told us to line up and use our collective strengths to push him over. Ten young hulks were incapable of budging one slender 72-year-old man. The harder we shoved, the more it became apparent that all our brawn was weaker than his will.

Afterwards he asked me to sit in the *dojo* garden and study a stone.

The Trainer said:

“*Ki* means breath, spirit, energy.

“The program which my friend taught you in Monte-Carlo is an incomparable preparation for Power Breathing. Our Master Trainer was wise to have you begin with the High Energy Program. He has asked me to reveal to you now the Secret of Power Breathing. This technique will bring you phenomenal sporting performances, as well as greatly enhanced powers in all other areas - work, creativity, play. You will find that there is no ceiling. The gigantic power which the combined sets of High Energy and Power Breathing Techniques will bring you is extraordinarily thrilling, but has to be handled with care. It takes a moment to get used to being ten foot tall.”

I asked the Trainer where the techniques came from.

The Trainer said:

“The origins of the Power Breathing Techniques are lost in the mists of time.

They were practiced in Atlantis and Limuria.”

The Trainer either could not or did not wish to tell me more. For him, it mattered not at all where the techniques came from, just as long as they worked.

We commenced our training and I was quite surprised to discover that I had never really breathed with all three-thirds of my lungs. The Trainer was always vigilant to insure that we filled the lungs completely.

The Trainer said:

“Just as you cannot get a good bounce from a ball which is not fully inflated; so you cannot get the full effects of this routine unless the lungs are fully inflated.”

In no time I learned correct diaphragmatic breathing right down to the lowest section of the lungs, and, with full oxygenation, I was able to increase my speed and endurance by a significant coefficient.

But this was not enough. I had to learn to handle hypoxia as an empowerment tool. This required emptying the lungs until there was no air in them at all. Without this there could not be a full inhalation of fresh air.

The Trainer said:

“When you think that there is no more air in your lungs, there is still some. Persevere, until you are emptier than empty. Then hold. Stay totally relaxed. Don't pull faces or tense the muscles.”

After practicing for a while, I was able to observe that extraordinary peace came from the emptying out of the lungs and remaining still for a while with the lungs absolutely empty.

The Trainer said:

“Be empty. All wisdom is to be found in nothing.”

The Trainer pronounced the word “nothing” as “no-thing”.

The next job was to get the energizing ratios right. In Power Breathing the ratios differ from the High Energy ratios in one main respect: In the Power Breathing techniques, there is a strict mathematical ratio of the parts of the cycle, which requires disciplined counting, the count normally being measured in seconds or heartbeats. I learned experientially the range of effects of the different breathing ratios. The variations of the breathing ratios are infinite, and all of them have a special effect.

Two of the routines, the energizing breath and the breath lock, worked on me like a quick fix. They became the jewels in the crown – the best of the best.

At first I found the lock routine rather scary. Done correctly, it generates intense heat in the body, you break into a fierce sweat, and you feel certain that your temples are

going to burst and splatter the walls with blood and brains. After a bit of practice, though, we all grooved into the routine.

The Trainer said:

“The breath lock routine gives unimaginable power and exceptional protection against ill-health.”

In one of the routines we turned the diaphragm into a bellows. It was like turning the solar plexus into a combustion engine. I looked up *solar plexus* in the dictionary. It means “network of the sun” in Latin. That really made sense.

The Trainer said:

“The bellows breath will light the fire of your body, your mind, and your soul.”

Between fights, I used the alternate nostril breathing routines to balance the two sides of the body at the same time as they gave a charge of energy and slowed the breath.

It was magic to be able to escape fatigue and simply to wear down the opponent. There was daily proof that the one who gets tired loses; the one who doesn't get tired wins.

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As we parted, I thanked the Trainer for having revealed to me his training Secrets. He responded that we hadn't had enough time for him to give me everything that I needed. I could reply only that the Master Trainer had put a limit of seven days on each of the five traineeships.

A feeling of incompleteness lay heavily on me. It was not just that my performance was still falling short in some of the events; it was above all that I did not understand how I could be a Winner at all when I did not win every event.

On the plane to Los Angeles, I wrote up for the Master Trainer my summary report on the Tokyo Training.

*“Zen and Meditation and Power Breathing are essential parts of the overall training program, but, even with the High Energy Program and on the Fast Track, they are just not enough.”*

## **PART FOUR**

### **FOUNTAIN OF YOUTH IN LOS ANGELES**

The Trainer settled me into the UCLA Campus Sports Center. Then we did a slow jog around the sporting facilities, which had been built for the 1984 Olympics.

The Trainer was a former Mr. Universe and was hugely powerful. He moved softly, like a big cat.

The Trainer asked me to tell him what *koan* the Master Trainer had given me to work on. After my experience with the Tokyo Master, it was with some hesitation that I replied that I did not think that the Master Trainer had given me a koan at all.

The Trainer said:

“Of course the Master Trainer gave you a *koan*. But a *koan* is of its very nature so nonsensical that you can only get there through insight, which is what your Progress is all about.”

The week with the Los Angeles Trainer was the only week that I really enjoyed. It could have gone on forever. There was only one weakness. I was in a lotus garden and I lost sight of the end. The means were so delightful that I began to treat them like the end itself. I realized that this is something that happens to a lot of top athletes. They enjoy the preparation so much that they never really go for the kill. It was fortunate for me that the Master Trainer had allocated only one week of my training to the Los Angeles Master. Otherwise, I would never have let it end.

#### ***The Elixir of Youth***

The Trainer said:

“My first assignment is to teach you the Ancient Tibetan Secrets of the Fountain of Youth. This Elixir of Youth will enable you to have all the advantages of age and experience while retaining all the advantages of non-aging. The Elixir of Youth will not only stop the current effects of the passage of time on your body, but will even reverse the past effects. This is desirable for everyone; but it is essential for an athlete, since the years tip the scales in favor of youth. For you at least to keep the playing field level, your body must not be older than that of your opponent.”

I waited for some magical rite. Instead, what the Trainer showed me consisted of nothing more than five routines to be performed with 21 repetitions each, a matter of some 10 to 15 minutes a day. I expressed my surprise at the simplicity of the routines.

The Trainer said:

“It is strange how people walk past miracles, without any recognition, just because they are there all the time.”

## ***A Healthy Mind in a Healthy Body***

The Trainer said:

“The Fountain of Eternal Youth is yours if you will perform these five simple exercises with great precision 21 times each day, provided that you also have a healthy mind in a healthy body. As the Romans said: *mens sana in corpore sano*. I will give you the formula for a healthy mind in one sentence, and you will find nothing more difficult. Then I will give you the formulas for a healthy body in a full week of training, and you will find nothing easier.

The formula for the healthy mind comes from the Psalms:

*Who is the man who desires life and loves days that he may see good? Guard your tongue from evil and your lips from speaking deceit.*

The Trainer referred me to the leading treatise setting out the biblical rules governing bad-mouthing. The sage used the nom-de-plume of the *Chofetz Chaim*, the Hebrew words for “To Love Life”, his thesis being that a sure recipe for longevity lies in the total abstinence from speaking ill or even listening to others wishing to speak ill in your presence.

I noticed on the Trainer’s desk a statuette of three monkeys, one with his hands over his mouth, the second with his hands over his ears, and the third with his hands over his eyes:

*speak no evil, hear no evil, see no evil.*

The Trainer said:

“You sort out your healthy mind on your own. I’ll help you sort out your healthy body.”

## ***Rejuvenation in Everyday Life***

The Trainer liked to focus on perfection:

“Even doing the smallest task perfectly is an act of sacrifice and purification. There is no hierarchy. Train! Don’t strain!”

The Trainer insisted that perfect health was absolutely necessary for the rejuvenation program to work. He observed that the Master Trainer didn’t favor the use of the word *perfect*. We are not perfect until we are dead. In the meanwhile, he would do the next best thing, and teach me to make my body as *perfectly* healthy as I could make it in this lifetime.

For an hour each day, I broke my intensive sports training in order to receive instruction in the Trainer’s Perfect Health Rejuvenation Program.

This program is not intended to apply uniquely to sports training. It is a life program, which will work for everyone in every respect.

The Trainer gave me a piece of dry bread. The Trainer told me to take small mouthfuls and chew each mouthful until it had become a moist paste. He urged me to savor the taste and only then to swallow. Never before had I tasted anything so delicious as that piece of dry bread. He tossed me an apple and told me to close my eyes while feeling the shape and texture of the apple with both hands and relishing its perfume; then to open my eyes and study the apple's color and contours. I tasted the apple, taking small morsels and chewing until the paste disappeared into the saliva and slipped down into the throat with hardly the need to swallow. It was a new taste experience. After I had completed this meal, the Trainer told me to take a sip of water, and to keep the sip of water in my mouth as long as possible. He told me to take as many sips as I wished, but in each case to keep the water in my mouth until it disappeared.

Then the Trainer told me to run round the half-mile track ten times and to time myself. I shaved valuable seconds off my time of the previous evening.

The Trainer asked me what I thought was the most tiring activity. I reflected carefully, before concluding that it was not work, nor sports training, nor sex, but eating. He agreed and told me never to let the digestion fatigue the body; and nor to let distress mar your mealtime.

The Trainer quoted *Proverbs*:

*Better is a dry morsel, and quietness therewith, than a house full of rich food with strife.*

It doesn't matter so much *what* you eat and drink. What matters most is *how* you eat and drink. This is well said in the Ancient Wisdom:

*Drink your solids. Eat your liquids.*

To *drink your solids* means to chew your solids until they are fully impregnated with saliva and more like a paste than a solid mass. Don't attack your food by shoveling it into your stomach in its undigested state. Saliva is one of the nectars of the body. Your stomach has no teeth. For a good digestion, everything should reach your stomach having first been predigested in your mouth.

To *eat your liquids* means that you should keep every mouthful of liquid in your mouth long enough to absorb some saliva before you pour it into your stomach. Don't drink in such a way that you simply wash out your gastric fluids.

Try to avoid drinking less than half-an-hour before meals, or during meals, or for three-quarters of an hour after meals. If you must drink at such times, then sip, but take only the minimum of what you require to make you feel comfortable.

"Drinking" means "drinking water". All other drinks are irrelevant from the point of view of the minimum consumption of water. You wouldn't put coffee or lemonade in your car's gas tank – so don't put it in your gut. It is more important to clean the inside of your body than the outside. Your minimum daily consumption of water

should be at least one glass for each 14 pounds that you weigh. If you have a lot of physical activity, or if the climate is hot and dry, add another three or four glasses of water to your daily consumption.

The night's sleep should be in a comfortable bed with a firm mattress and a pillow which keeps the neck at the right height. The bed should lie north/south or south/north, and not across the earth's magnetic path.

The Trainer stressed the importance of going to sleep with a peaceful mind. A particularly good technique before dropping off into a peaceful sleep, is to review the events of the day – that day only – don't go back into the past. Make peace with any event which could be disturbing. Inject a feeling of love into every uncomfortable feeling; then switch off and sink into a deep and peaceful sleep.

After lunch the Trainer ordered me to take a ten-minute nap on the hard floor. After dinner, he ordered me to do the same. When I went to say “good night”, the Trainer told me to stay awake until I felt really sleepy, and then to set an internal alarm to wake up after three hours' sleep. The next day, I felt very energetic, though there were moments when a feeling of drowsiness would come over me unexpectedly.

The Trainer said:

“You need three hours sleep at night. By the word *need*, I mean need. More than that is just habit or not having anything better to do. But remember that naps are the pearls of sleep.”

The Trainer explained that everyone needs little top-ups during the day and the night. Winston Churchill took a nap after lunch each day, even in the heat of battle with shells exploding around him. Just as it is difficult to go 24 hours on only one meal, however much you eat, so is it difficult to go 24 hours on one stretch of sleep, however long you sleep. Sleeping too long can be more tiring than refreshing. The short postprandial nap insures that you will be fresh during the afternoon, and will hold up well at night. In addition, if you want to enjoy an exceptional charge of energy at night, you should also take another short nap, with the same routine, at about 9pm. This will give you the sort of nights that you wish for, but are often too fatigued to enjoy. You will be fresh for anything your heart desires – for sport, for recreation, for reading, for love-making, for study.

Jet lag can cause loss of energy to athletes. Air travel frequently involves long periods of restricted movement as well as changes of time zones and altitude. You may need a day for each hour of clock change before you are ready to compete on a footing of equality. The Trainer gave me a very effective technique to combat jet lag. Turn the flight into an eating vacuum, taking at most a little fruit or fruit juice. It is the eating cycle which regulates the body's rhythm. If you handle this carefully, the sleeping and waking cycles can be made to fit in with the time in the country of your destination.”

Massage by a skilled masseur can also contribute positively to your overall energizing program. Also, by relaxing and stretching the muscles, the massage can remove unwelcome pains and restrictions on your mobility, thus freeing up your energy to the full. Massage can also be a valuable aid to healing, especially when given by a masseur blessed with healing hands. Sports massage is passive

exercise.

The Trainer attached great importance to the good condition of the back. He called the spine “the river of your life.” The spine is an exceedingly delicate structure. Many of the nerves of the body pass through the vertebrae. If they get pinched or otherwise hurt, then this can cause much pain both at the injured spot and elsewhere.

Though most of the discomfort in my lower back had been eased by the correct instep to compensate for the small difference in leg length, the Trainer also taught me two routines which I found very beneficial.

The first routine is to get the internal organs to push back on the spinal column. Either while seated or on your hands and knees, breathe out fully, contracting your abdominals against the spine.

The second, known as the *ikatchi* posture, is a wonderful posture practiced in Japanese martial arts *dojos*. You let your toes touch while separating your heels as far as possible. Bend your knees slightly. Clench your fists loosely and turn your fists away from your body so that the knuckles face outwards. Lift your arms behind you as high as you can, while at the same time pulling yourself over so that your face comes as close to your knees as possible. Stay in this position for at least a minute or two.

I told the Trainer what my father had always urged me to do:

*Stand tall! walk tall! sit tall! think tall!*

He replied that this is all anyone needs to know about posture.

The Trainer frequently ended our training sessions with the Ancient Wisdom:

*When you realize the truth of the body you can then come to know the truth of the universe.*

## **Time**

The Trainer spoke of the treasure house of good things that are the reward of effective time management: peace of mind, productivity, creativity, wealth, a feeling of comfortable social integration, and of course greater energy. Above all, effective time management helps us to integrate into the ongoing present which is the only reality we know. As we learn from *Proverbs*:

*Hope deferred maketh the heart sick.”*

The Trainer explained that the greatest barrier to efficient time management is mind wandering, and pointed out that there is probably no more difficult challenge in all human endeavor than to contain mind wandering. It is like trying to watch an animal in a forest: however carefully you mark it, the beast keeps slipping away into the thickets. This is how the vagaries of the mind take us away from the *now* and lead us into past, future, and imaginary realms that obscure the present world.

The Trainer taught me how to use the *now* to slow down the speed of a punch or of a ball. I got so good at this that it felt almost like taking an unfair advantage over the opponent.

The Trainer quoted Dion Boucicault: *Men talk of killing time, while time quietly kills them.* Then he said:

“We have no choice about the passage of time itself. But we do have two other choices: what we feel about it, and what we do about it. We must take care to surrender only those things of youth that we must. For an athlete, it is essential never to assume that anything is lost just because of a false reading of the calendar. You may even get better with the years. Know the secrets of your body.”

The Trainer concluded with a statement that dazzled me:

“When you become the master of time you become the master of your stars.”

\* \* \* \* \*

As he drove me to the airport, I thanked the Trainer for having revealed to me his training Secrets. He responded that we hadn't had enough time for him to give me everything that I needed. I could reply only that the Trainer had put a limit of seven days on each of the five traineeships.

A feeling of incompleteness lay heavily on me. It was not just that my performance was still falling short in some of the events; it was above all that I did not understand how I could be a Winner at all when I did not win every event.

On the flight from Los Angeles to London, I wrote up for the Master Trainer my summary report on the Los Angeles training.

*“The Perfect Health and Rejuvenation Programs are essential parts of the overall training program, but, even with the High Energy Program and Zen and Meditation and Power Breathing and on the Fast Track, they are just not enough.”*

## CHAPTER FIVE

### UNCONDITIONAL WINNING IN LONDON

At first I couldn't understand what this last training session was all about. It seemed unnecessary and even obstructive to my progress. In our first conversation, I told the Trainer that, as the Olympic Games were getting closer, so I was becoming more and more concerned that I was not yet the total Winner. After all, the Master Trainer had undertaken to make me a Winner in each and every event.

Yet this last training session before returning to the Master Trainer gave me valuable pieces of the Zen puzzle that were still missing.

The London Trainer was gentle, refined, focused – indeed she had all the qualities. She spoke quietly:

“Unconditional Winners get what they want, and want what they get. Others get what they deserve, and deserve what they get.”

I asked the Trainer if what she had just said could be my *koan*.

The Trainer said:

“A *koan* is not strictly speaking either a riddle or a philosophical exercise. And it does not have any logical basis. The *koan* is like an iron wall that you are thrown up against. You can only break past the iron wall through enlightenment. And enlightenment comes only through shocks. Once you have broken past the iron wall of your *koan*, everything returns to the everyday logic of everyday life.”

#### ***The World of Zen***

A little at a time the Trainer immersed me in Zen values through the classics. I had not previously understood that Shakespeare and Blake and the Puritans and the great Rabbis of the past were Zen masters.

The Trainer read me the text of the *Desiderata*, which had been carved into the stone of Old Saint Paul's Church in Baltimore in 1692 by an anonymous Puritan.

*Go placidly amid the noise & haste, & remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even the dull & ignorant; they too have their story. ~ Avoid loud and aggressive persons, they are vexatious to the spirit. If you compare yourself to others you may become vain & bitter; for there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans. ~ Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons*

*strive for high ideals; and everywhere life is full of heroism. ~ Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity & disenchantment it is as perennial as the grass. ~ Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue & loneliness. Beyond a wholesome discipline, be gentle with yourself. ~ You are a child of the universe, no less than the trees and the stars; You have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be, & whatever your labors & aspirations, in the noisy confusion of life keep peace with your soul. ~ With all its sham, drudgery and broken dreams, it is still a beautiful world. Be careful. STRIVE TO BE HAPPY.*

The Trainer stepped me through the infinite benefits of silence – both internal power for yourself, and external power in your dealings with others. The Unconditional Winner does not allow unnecessary words to reduce the chances of winning in sport or anything else. The Trainer often quoted Shakespeare: *Give thy thoughts no tongue, nor any unproportioned thought his act.*

The Trainer warned me off the attempt to be on good terms with others through surrender. Surrendering your values makes you a certain loser. Again, Shakespeare: *This above all: to thine own self be true. Then it must follow, as the night the day, thou canst not then be false to any man.*

The Unconditional Winner is autonomous. What is in issue is not simply the question of whether a statement made by you is accurate or not. What matters is whether or not it is *your truth*. Submitting yourself to the truth of others makes you a certain loser. It is the path of suffering. In the words of Sartre: *L'enfer, c'est les autres – Hell is other people.*

The Trainer quoted the great Rabbi Hillel:

*If I am not for myself,  
Then who can be for me?  
And if I am only for myself,  
Then what am I?  
And if not now,  
When?*

The Trainer insisted that love should be unconditional. This is the only true love. Conditional love wants something in exchange. Be pleased to show love to anyone and be pleased to receive love from anyone. Think of love as you would of the rays of the sun. The sun does not care whether its light falls on a sparkling brook or on a cesspool. It just keeps on shining. Love is not dependent on any response from the object of its loving. If it were, it would not be love – it would be some other feeling or emotion. Where there is some kind of trade-off involved, conditional love most frequently leads to frustrations, resentments and grievances. On the other hand, unconditional love is pure and cannot ever have any backlash of any kind. It is a power so great that it can move mountains. Unconditional Winning is of the same family as Unconditional Love. There is no trade-off. *Neither the lover nor the loved be. Be the loving itself.*

The Trainer quoted Saint Paul to the *Corinthians*:

*Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.*

The Trainer spoke also about self-love and advised against giving yourself strict orders and regimens – which mostly don't work. Every time you let yourself down, you feel weak and frustrated. So, be gentle with yourself and have loving confidence in yourself that you will do the right thing. The Unconditional Winner relies on good habits for a wholesome discipline, rather than on some self-imposed discipline that it would be difficult to impose on someone else.

Then the Trainer addressed the problem of rejection, which haunts the ego of athletes, and the importance of keeping awareness of one's own self worth at all times. This is especially important when one suffers rejection.

Most of us are vulnerable to some form of rejection, our feelings usually being colored by the particular person from whom the rejection comes or the particular circumstances of the rejection. When we are indifferent to the person or to the circumstances, we are normally also indifferent to the rejection itself. Sometimes we don't even notice it; at other times we may notice it but without attaching much importance to it. However, when we care about the person or the circumstances, the rejection may affect us in different ways. We may feel a sense of loss of love; or a weakening of our support system; or a sense of hurt; or a blow to our vanity. We may feel confused or concerned about why it happened; or ashamed of our own behavior; or we may feel a desire to avenge the rejection or retaliate in some other way. The Trainer referred to Blake's blueprint:

*To see a World in a Grain of Sand,  
And Heaven in a Wild Flower,  
Hold Infinity in the palm of your hand,  
And Eternity in an Hour.*

Stress is the fruit of effort that has no results, whether it be at work, at love, at eating, at sleeping, or just at living. Stress is when you put in all your effort and receive nothing in return. Awareness of our beautiful world enables us to situate, and to distance ourselves from, the sham, the drudgery, and the broken dreams.

The Trainer's homely examples also helped me considerably in receiving the Zen concept of the Unconditional Winner. She told me to watch a happy child at play and learn all that one needs to know about the Unconditional Winner.

The Trainer was nothing if not practical.

"The Unconditional Winner will use awareness to be careful, and high energy to be happy."

## **Conquering Crises**

The Trainer said:

“Being an Unconditional Winner means just that: no conditions! When you are as detached from the *results* of winning as you are from the *results* of losing, you are ready for the distance run of the Unconditional Winner.”

There are moments in an athlete’s life, indeed in anyone’s life, where it seems that you will not be able to bear the hopelessness, the feeling of lost opportunity, the fear, the pain, the grief, the shame, the guilt. Where no amount of rationalization will help, where no comparisons with others in worse circumstances will help, where you cannot bear to be near a Job’s comforter. Where it seems that there is no possible respite from the outside pressures and no possible easing of the stress and distress. In Blake’s words:

*Each outcry of the hunted hare  
A fiber from the brain does tear.*

The Trainer stressed that it is the solution that matters; not the problem. So work on the solution. Drop the problem like an old glove falling off your hand. The blueprint for conquering crises is to beat them on all three fronts: the material front, the mental front, and the spiritual front.

The Trainer cited the Ancient Wisdom:

*No-one can make me laugh, except myself  
No-one can make me cry, except myself.*

Just as we play every match for the first time, so too are we going through this life for the first time, and we all have the right to make mistakes. We have the right to be weak as well as strong; the right to fail as well as to succeed. The next tournament always starts from scratch.”

The Trainer said:

“You must use the very ground that you fall down onto, to pick yourself up.”

From time to time, we all suffer the inevitable relapse and the equally inevitable re-relapse. You may suddenly find that you just don't want to use the techniques that you know are doing you good, or discover that a technique which was bringing you real benefits is no longer working for you. You should not be overly concerned. It is normal for anyone to slip backwards, in any training, in any routine, in any program. You have the right to be human. Sometimes a relapse may be caused by nothing more than the very desire for the result itself. *Proverbs* reminds us: *A just person may fall seven times and rise.*

The Trainer urged me to keep clear of all orthodoxies and all master codes of discipline, since this could convert them into potential sources of stress. Not only are your orthodoxies burdensome to others, but they can be a tremendous burden to yourself. Resolutions are made only to be broken. When you break a resolution to stop a bad habit which had been a source of stress, you are inviting not only the continuance of the original stressful situation, but the additional stress which always

comes from broken resolutions. Rather allow yourself to spontaneously cast off the wrong habit by nurturing the right habit.

The Trainer often referred to the instrument of thought or *mantra* which the Tokyo Trainer had given to me.

The Trainer said:

“The value of the constant repetition and reflection of your personal *mantra* is to surround you with a coat of protective armor. This technique also has the power to stimulate sustained creative effort which will bring new material solutions to your problems. If you practice the *mantra* technique frequently you will find that you will get better and better at avoiding the dangers of mind-wandering. An idle mind is the devil's workshop.”

The Trainer drew an analogy between a sudden and unexpected punch in the ring and a sudden and unexpected blow in life. The Trainer recommended a blocking technique to deal with a new source of distress might assail you at any moment. She advised that you can deflect a feeling of distress in mid-air in much the same way as you can parry a blow before it can hurt you.

Many athletes suffer from the shortage of money as a source of extraordinary stress. The Trainer pointed out that solving money problems is no different from solving any other problems.

The Trainer read aloud from the *Sermon on the Mount*:

*Consider the lilies how they grow: they toil not, they spin not; and yet I say unto you, that Solomon in all his glory was not arrayed like one of these. If then God so clothe the grass, which is today in the field, and tomorrow is cast into the oven; how much more will He clothe you?*

The words are beautiful and we would want them to be literally true. Yet it is fairly obvious that very many human beings are unclothed. Does it not seem as if the lilies of the field have a better deal than we do?

The Trainer said:

“The Unconditional Winner understands the difference between the source of supply and the fruit itself.”

The Trainer explained that the source is that special creative power which enables the tree to produce fruit - and to create new crops again and again whatever may have happened to the last crop. The fruit is the produce. Even when there is no fruit, the regenerative quality that is inherent in the tree remains. You are the tree; money and other material objects are the fruit. And you are able to create the fruit again and again because you have the life force, the source of supply, within you.

In discussing happiness, health, and energy in times of crisis, the Trainer pointed out that the universe is governed by the immutable law of cause and effect.

Dealing with crisis is all the easier if we remain happy and healthy and energetic

throughout. Even at times of crisis, we are still human beings, entitled to enjoy love and laughter and the sunrise. Energy favors a feeling of happiness, just as happiness can be very energizing. So too does energy favor good health; and good health favor energy. And in the same way, good health favors happiness; and happiness favors good health. At times of crisis, it is very helpful to keep in place those things in life which give you most pleasure, most joy, the greatest feeling of meaningfulness. It is essential to maintain the structure of your well-being and to persevere in your determination to retain those things that had previously been a valuable part of your life in seemingly better days. If you enjoyed a particular activity or sport before, carry on with it. If you previously enjoyed being with your friends, see them still. Continue to delight in your favorite books and music.

The Trainer emphasized that peaceful sleep is important at all times, and so much more so at times of crisis. She quoted Shakespeare:

*Sleep that knits up the ravell'd sleeve of care,  
The death of each day's life, sore labor's bath,  
Balm of hurt minds, great nature's second course,  
Chief nourisher in life's feast.*

The Trainer recommended a technique for insuring peaceful sleep. Before falling asleep, review in sequence all of the incidents of the day, pleasant and unpleasant alike. Make your peace gently with each incident and each person. You must deal only with the events of the same day. Don't go backward in time to the incidents of other days - and don't go forward in time either. You are simply preparing to give yourself a peaceful sleep on that particular night so as not to carry over into your night's sleep and into the next day those feelings which could interfere with your sleep and your correct functioning on the morrow.

The Trainer said:

“Be kind to yourself. You will change imperceptibly from the hunted hare into the Unconditional Winner.”

\* \* \* \* \*

I asked the Trainer how Zen would take me closer to winning every event in the coming Olympics.

The Trainer gently inquired how I had been performing during my week in London, pointing out that she had not participated in my sporting training but had merely shared some thoughts with me.

I told the Trainer that, during my week in London, I had tested myself against the standards of the full range of Olympic events. I had applied my own testing methods even in the case of events where I did not have a suitable opponent or where there were no sporting facilities. Peak experience had followed peak experience after peak experience after peak experience.

It was evident that in body, mind, and soul I was equipped, not only to win every Olympic event, but to set a new record in each and every event. Then on my last

day in London, I was struck by a moment of truth, which struck me with a violent shock. And it was this moment of truth that unlocked the *koan* and opened the way to the Winning.

On the plane home, I wrote up for the Master Trainer my summary report on the London training.

*“Understanding the mind-set of the Unconditional Winner is an essential part of the overall training program, as is experiencing the Fast Track, the High Energy Program, Zen, Meditation, Power Breathing, and the Rejuvenation and Perfect Health Programs.*

*“It is now clear that I have the skills, the focus, and the stamina to win every Olympic event.*

*“But being equipped to win every event is not the same as being the winner of every Olympic event. ‘Can win’ is not the same as ‘will win’.*

*“It may be that the act of losing will not necessarily make me a loser. But conversely, the act of winning will not necessarily make me a winner.*

*“Past records were set only to be broken, and the records that I will be setting are there only to be broken by others. Of necessity, I am therefore condemned to being a loser in every event where I set a new record, by the very fact of my setting a new record for someone else to break.”*

## CHAPTER SIX GOING FOR GOLD

After 40 days and 40 nights, I returned to the Master Trainer, and we walked around the mountain clockwise, barefoot and silent.

When we had completed the circumambulation, the Master Trainer asked me whether I was now sure of winning every event at the Winter Olympics and at the Summer Olympics. After all, the training in Moscow and Monte-Carlo and Tokyo and Los Angeles and London had given me the finest possible training from the greatest Trainers in the world.

I replied that I was not yet confident of certain victory in every event.

The Master Trainer asked me how long it would take me to be sure of winning all of the Olympic events.

I replied that I thought that it would take me a million lifetimes.

The Master Trainer said:

“We must do it in this lifetime, and we must do it now. You’re out of play-school; it’s time for college. It will be no joy to carry on battling and battling with your training through a million lifetimes.”

The Master Trainer initiated me into the Secret of Winning that had been developed in the lost continents of Limuria and Atlantis. The tradition had been reached China, India and Tibet where it had been communicated one-on-one through a long line of Keepers of the Secret. It was in the holy valleys of the Himalayas that the merging of the exoteric dynamism of the Indo-Aryan descendants of the Atlanteans with the esoteric traditions of the Limurians, had taken place. The Secret, which the Master Trainer shared with me had passed from one Master to another in a one-on-one tradition, and had been kept secret by hundreds of generations of Keepers of the Secret.

The Master Trainer initiated me into the Big Bang of Kriya. Immediately after the first Kriya routine of 21 reverse breaths, I felt as if my molecular structure had changed, as if I were freed from the shackles of my destiny and been endowed with all of the gifts of the total all-round winner.

I had become both the rocket and the rocket launcher.

The Master Trainer said:

“What I have shown you is the ultimate and the last.”

Kriya is the apotheosis of Zen. No sooner was the ultimate revealed than I wanted to know how and why the Big Bang worked, but the Master Trainer preferred to leave me to discover this experientially.

The Master Trainer said:

“In the middle of the river there are no poisons. There the power of the current is at its peak. Only at the side of the river are there cesspools and poisons. Your spine is the middle of the river. Do not change the course of the river or the structure of river bed. When the river reaches the ocean, the waves break with the miracle of power. Your Kriya breath is the river which flows and merges into the ocean, into the Big Bang.”

I had completed my Training and was ready to leave for the Olympic trials. I asked the Master Trainer how I should feel as I braced myself to compete in every event.

The Master Trainer said:

“Be a cat. A cat looks at a moth in the same way as it looks at an ax-murderer.”

\* \* \* \* \*

The Master Trainer asked me about the *koan*.

I replied that I now had both the *koan* and the solution to the *koan*. The obvious had become obvious. Therein lay my *koan*.

Just as had happened so many times before, I felt that I knew what the Master Trainer was going to say even before he said it.

The Master Trainer and I said with one voice:

**“Neither the winner nor the loser be – be the Winning it-Self.”**

## **EPILOGUE**

## **BEING THE WINNING**

The Athlete asked me how I did in the Olympics.

I replied:

“I am the Winning.”

The Athlete looked at the wall behind me, his eyes resting pointedly on the silver and the bronze medals.

The Athlete asked me:

“Trainer, did you win every event?”

I replied:

“I was the Winning in every single event.”

The Athlete asked me:

“But, Trainer, what about the events where you didn't win gold?”

I replied:

“I won those too.”

**THE END**