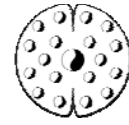




RIGHT-MIND GOLF



The RMG System

This is an in-depth article in several parts that describes the background to the RMG method, how I work and how you will benefit from a 'right-mind golf' experience with me.

This second part is about...

Part 2 - Energy Systems

In Part 1, we discovered that our bodies are made up of natural energy. In fact, our bodies have different energy systems. For example, our blood is a source of energy that transports nutrients and oxygen to and from all the various parts of our body via our arteries and veins. Our lungs are a mechanism that extracts the oxygen (more energy) from the air we breathe and allows it to be absorbed for transport by the blood energy system. Our skin has millions of sensors that produce information about our external world and these sensors produce electrical energy that is sent for processing to the brain. Like the blood system this is another, but different type of, energy system. And so it goes on, we have various energy systems that allow our bodies to exist and survive in the world we live in. Since we know these more obvious energy systems exist in the body, because science has proven that they do, it shouldn't then be too great a leap of faith to accept that there may well be other energy systems in us that we have yet to discover or that we have only just become aware of. One such energy system has been known for over 2000 years by the orient but has only been proven to exist by traditional western science in the last fifty or so years. This system is...

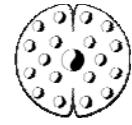
The 'Internal Energy' System

This energy system, usually called the *internal energy system* by martial artists and others, is what the Chinese refer to as 'Chi' (pronounced *Qi*) energy. Modern science has for the most part established that this energy system does indeed exist in the way the ancient Chinese masters described. The Chi energy system is firmly believed to be a significant part of the body's own natural healing mechanism. Of course, the Chinese in their greater wisdom have known this for 2000 years! We westerners can be awfully slow on the uptake sometimes! We all know that our bodies have a very robust self-healing system; anyone who has ever cut their finger will have experience of this system. It goes like this: blood flows to wash the wound, fat and flesh block the wound, the wound scabs over, and new flesh and skin develops under the scab. When all is ready the scab falls away to reveal a newly healed cut. This is a process which we often see and experience and so we believe in it. However, we also suffer injury and trauma internally where we cannot see (without medical equipment that is) and the consequences can be fatal. It is possible that our Chi system is designed primarily to deal with our inner healing although evidence shows it can also greatly improve our more visible systems too.

Another difference between the chi energy system and our other systems, such as the blood system, is that it is believed the chi energy system has a direct link to our thoughts and *can be influenced* simply by using thought. Recent scientific work seems to confirm this link between thought and chi energy. This means we have a natural healing system that we can consciously control! Your reaction to my little swimming experiment earlier could well have been you actually feeling a flow of chi energy. This difference, the ability to direct chi energy with our mind, makes it unique from our other systems over which we have virtually no conscious control. To prove this latter statement, try holding your breath until you pass out. I bet you never pass out because you won't be able to control withholding breath from your body. Your subconscious survival instinct won't allow this level of conscious control over your breathing energy



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system! By way of contrast, it has been shown many times that we can indeed control our chi energy system and make it work for us.

The chi energy system forms the basis of traditional Chinese acupuncture and a host of other 'natural' healing methods. Chi energy is believed to flow through channels that form a symmetrical system around the body; these channels are called *meridians* (you can think of them as small streams of water flowing down a hillside). There are twelve major meridians each corresponding to the major organs of the body. This meridian network allows our natural healing energy to flow around the body.

From a health point of view, the basic idea is that if there is a disturbance or interruption in the flow of your natural healing energy then you will have a very real physical reaction; you will become unwell in some way. What reaction you have will depend on where in the system, and by how much, the energy flow has been changed. For example, a minor occurrence in your energy system may make you feel you have simple 'butterflies' in your stomach whereas a major disturbance may make you so terribly ill you need hospital treatment (or a good acupuncturist).

For centuries in the orient, martial artists at a high level of expertise were taught to disable or kill an opponent simply by attacking key areas of the chi energy system (trust me you don't have to break an attackers arm to make them drop a knife!). Examples of the evidence of the chi system abound and neuropsychology has recognized its existence for some time.

One aspect of natural energy that you may have experienced for yourself is that when there is a disturbance in the energy flow you will often find one or more small areas on your body that feel tender where normally it wouldn't. How often have you had a sore wrist or backache but not understood why? These tender areas are often where the meridians are close to the skin, or several meridians meet, and indicate changes in your energy flow. However, the tender area is NOT usually where you have a problem. The tender area merely indicates which meridians are blocked. Also, you may have these tender spots before you actually feel any illness because your energy system has been affected first.

Traditional acupuncturists, and 'energy practitioners' such as me, use these meridian points in our work to eliminate problems.

In Part 3 – 'What has this got to do with golf', we will discuss how all this really relates to golf!
