

The present moment or Letting Go

N.B.

If you have read the other articles, you can conclude how important the mental game is in the play of lawn bowling. You also realized that there are some strategies that you can use to make sure your mental game can be linked with your body's abilities.

But, this last section is probably the most influential and dominant aspect of your mental game.

If you can understand, practice, and give it a good try you will notice a big step in your development and you will be very surprised how good you can become in attending your goals. You will be able to practice lawn bowling as a world of opportunities instead of difficulties, and you will make shots that you never thought you could do...

This is the master of all strategies...

1) Release what is not serving you when you play:

***The heavy weight of overthinking...overthinking is not only analyzing too much, it is also analyzing, replaying, predicting, doubting and rehearsing things that may never happen...**

***it is the endless loop in your mind that steal peace and paralyze any actions...it feels like "CHAOS"**

"Oh my god what do I do"... "I will never be able to make that shot"... "every teammate is counting on me"! And on and on! "It is my responsibility" ...!

***It sparkles in your mind...it drains all your energy...so you have difficulty to get some clear ideas on what plan you can use in this particular situation.**

***You are "TRAP" in your thoughts, far away from the action your body needs. This is happening more often than you think and it is affecting your play.**

***This phase of overthinking with all the energy that is drained into different thoughts is called "RESISTANCE" ...**

It is simply the fact that you are resisting to what you see, and what you feel; you don't like what is going on inside and you would probably want to see you somewhere else. It creates anxiety, stress, and instead of being calm, you have tense muscles unable of making the shot you need.

***You have to learn how to get away from the "RESISTING PHASE" because it is not a strategy but only a habit, a reflex, a reaction to what is going on.**

***Good news, because it is a habit, you can learn another way to react, where you have control and clear ideas on what to do.**

2) Total control is an illusion:

*** We want to avoid a situation and we think that by controlling every aspects we will be in control of the outcome. We want to be ready for everything, but life is not rewarding for every preparedness...instead it rewards PRESENCE because it gives you clarity on what can be done.**

3) Letting Go is the proper attitude:

*** Instead of trying to overcontrol, which is not a strategy but only a defense reflex, the proper habit is called: "LETTING GO".**

*** Letting go is not about forgetting what is going on and pretend it did not happen, it is about choosing peace instead of chaos, it is choosing to loosen your grip about what you can control.**

*** You can't do anything about what is past and you don't have to worry about the future because it has not happened yet.**

*** With LETTING GO you refocus your mind and the only thing you can control: YOUR RESPONSE; and the only place where you can control your action is in THE NOW, THE PRESENT MOMENT.**

*** Your response can only be connected to the present moment because this is where the reality exists. The thoughts in your mind are only thoughts not reality. They don't give you clarity. They create chaos.**

4) The present moment...the awareness

*** The present moment...the NOW, refers to awareness. It is a skill to develop.**

*** It is your capacity to be aware of what is going on now, to be able to just observe the situation you are in. (Your breathing, the environment, sensations from your skin, your thoughts, noises you can hear, anything that is part of your present situation...)**

*** Do not resist to any emotions or discomfort, just accept and recognize the situation, do not fight or loose energy in your thoughts...**

*** you become neutral, don't label your thoughts, don't fight them; just become the observer of your situation...**

*** When you are aware that your mind is spiraling, you are able to create space between your thoughts and yourself, **IF YOU PUT YOURSELF INTO THE OBSERVER INSTEAD OF A REACTOR.****

*** It is like creating more space on your computer.**

*** Stay out of your chaotic thoughts. You don't have to be caught in your mental traffic.**

*** You can choose peace over panic.**

*** LET GO: start with acceptance, one breathe, one pause, one choice, then controlling what you can only control **IN THE NOW**; this brings clarity, calm, intuition, confidence, and a precise plan.**

5) Your Power

***It is your capacity to be aware of what is going on about you HERE AND NOW, because you fully want to participate in your decision making.**

***It is your capacity to confront and accept what is, without resisting.**

***It is your capacity of getting back into your body (he is the one who plays), instead of being caught in your thoughts.**

***It is your capacity to put into perspective, to dedramatize, to appreciate the opportunity, ...**

***it is the occasion to truly believe in you and choose your intuition as your best friend.**

***More than only mental and body connections it is the MIND GAME and you want it on your side, as your longtime friend.**