

## Mind over Matter

Look at the whole Tiger Woods disaster. He was not playing up to his ability in the summer of 2010, and noticeably more irritable on the course than normal. Then later, it came out that he was having 'personal issues'.

So, even golf pros with an amazing swing, the best equipment, and the finest instructors have issues that affect their mental game, which WILL mess with their physical game.

### Karen will teach you how to...

- Do well no matter what
- Control emotions like anger or fear...anytime
- Improve your physical abilities quickly and easily
- Increase your confidence like never before
- Shorten your injury time so you can do what you want to do
- Reduce travelling stress and enjoy the ride
- Remove phobias in one session
- Relieve allergies...for good
- Gain leadership abilities to get ahead
- Improve team awareness in order to win
- Turn bad past performances into a good thing
- Reinvent your comfort level so you won't get 'stuck'
- Remove all of those limiting beliefs and replace them with qualities that'll put you on fire!

Your personal life can seem overwhelming sometimes. However, in order to do well, we can't allow those thoughts to overshadow our focus. Ultimately folks, our thoughts will control the score...on the playing 'field', and off...

### Would you choose 20,000,000 or 40?

In an excerpt from The Biology of Belief by Dr. Bruce Lipton, the subconscious mind is capable of processing 20,000,000 bits of information, while the conscious mind is capable of processing a mere 40 bits of information within the same time frame!

The subconscious mind is the ultimate tool! We don't think about keeping our heart pumping, or our blood circulating...it just happens. That's the same power that can make your life easier than ever before.

Have you ever tried to decrease pain by consciously thinking about it? Almost impossible. In fact, I bet the pain will increase!

However it's a totally different story with NRG techniques...

These easy to learn techniques are entirely safe, and often life changing.



Discovering your potential is easier



Issues and problems seem to melt away



Old and new injuries can heal faster



Pain can be eliminated

You DON'T have to struggle...unless you want to, of course.