

An Excerpt from: **Sports, Energy and Consciousness**

Adapted from the Introduction
by Barry Robbins, ITPI Vice President and Mastery Teacher

Sports and fitness represent one of life's great theaters, where the mystical, remarkable and unusual unfold. The mission statement of SEC - "to accelerate the global evolution of human consciousness by providing transformational practices that translate the wisdom of sport's *Ideal Performance State* into practical training methods that include energetics, awakened states of consciousness, and the unification of body, mind, and spirit" - reflects the belief that our human potential remains largely untapped.



We live in a golden age of sports achievement where athletes are surpassing records and setting new standards of performance on an almost routine basis. More records are being broken now than ever before, an acceleration of performance offering us a glimpse into how limitless we are.

When an athlete breaks a record, is involved in an inspired play that no one has ever seen before, or unites with teammates to win championships, these phenomena galvanize both the viewing public and fellow athletes as well. It is the kind of event that athletes cherish, and they retain lasting images of these extraordinary conjunctions of body, mind, and spirit.

In this regard, sport becomes the metaphor for mankind's inexorable march towards the divine. As more and more transformational and consciousness practices are introduced into sports and fitness and integrated into both existing and newly formed training methods, we witness the evolving nature of humankind right before our eyes.

Long-established training methods are being enhanced by meditation, visualization techniques, centering practices, awareness practices and much more. Trainers and coaches are incorporating these methods, which are gaining more acceptance as Eastern wisdom traditions are being joined with American sports physiology. These practices are also adding to the life expectancy of the athlete, extending the quality and length of their participation into their 80s and 90s.

A whole new world is emerging in the field of sports as it takes on new meaning and gives life to itself. It is our hope that this book, *Sports, Energy & Consciousness*, will serve as a catalyst towards the enjoyment and evolution of the sporting experience.