

## The Integration of Heart and Mind at the GKM Clinic

By Barry Robbins, ITPI Vice President, Mastery teacher and ITP SF co-leader

The 6th annual ITPI Golf in the Kingdom event was held at Peacock Gap Golf Club on September 11 and 12. For the first time, ITPI featured a four-hour clinic focused the integration of heart via feeling states and mind through contemplative practice.

The clinic was designed to emphasize:

- The game of golf as a transformative practice
- The integral in golf – cross training in body, mind, heart and soul
- Extraordinary capacities that surface on the greens

### *Featuring ITP*



Combining transformative practices is one of ITP's next-generation approaches aimed at creating something greater than the sum of the parts and useful for the game of golf, sport and life. The clinic featured the core practices of balancing and centering, soft eyes, hara, affirmations and staying current. During the ITP session of the clinic, these practices were coupled with the concepts of neuroplasticity and epigenetics, the study of changes in organisms caused by modification of gene expression rather than alteration of the genetic code itself.

Five presentations showcased cutting-edge practices supported by technology designed to measure heart and brain rhythms. The clinic integrated all of these presentations into a progressive sequence. Teachers included Bobby Clampett, Eric Jones, Greg Warburton, Pam Kramer, Barry Robbins, John Ruark and Eric Lehman.

## *An Experiment in Emotional Stability and Resiliency*

This part of the clinic was intended to be a study of integrating and synthesizing ITP's Affirmation and Staying Current practices with the theory of neuroplasticity and epigenetics. We measured the changes through leading-edge technology using the Focus Band with John Ruark and Heart Math practices with Adam Lehman.

Trainer Greg Warburton presented the Emotional Freedom Technique (EFT). This technique provided players the opportunity to experience the memory of a difficult situation they have had on a golf course, in another sport or a life situation, and identify the location in their body where they experienced that situation, as well as the physiological sensations. Greg had participants utilize tapping techniques to embody both the difficult situation as well as a transformative emotion.

Players were instructed to create a transformative emotion by consciously deciding how they would like to feel and then choosing the emotion of their choice. The next step was to identify the location of the transformative emotion in the body, the corresponding physiological sensations and then tie this to a memory of the emotion of their choice referred to as a transformative memory. The idea was to embody both the difficult situation and the transformative emotion simultaneously.

The integration of heart and mind practices proved to be a highlight of this year's GKM, as we provided the opportunity to use technology and other practices to measure results. The aim was to train participants to develop and enhance emotional intelligence and sensitivity, as well as to "meditate-in-action." The day on the greens was particularly energizing, as it gave participants a chance to practice new techniques and practices taught by experts and be supported by the spirited, fun-loving GKM community. It worked!