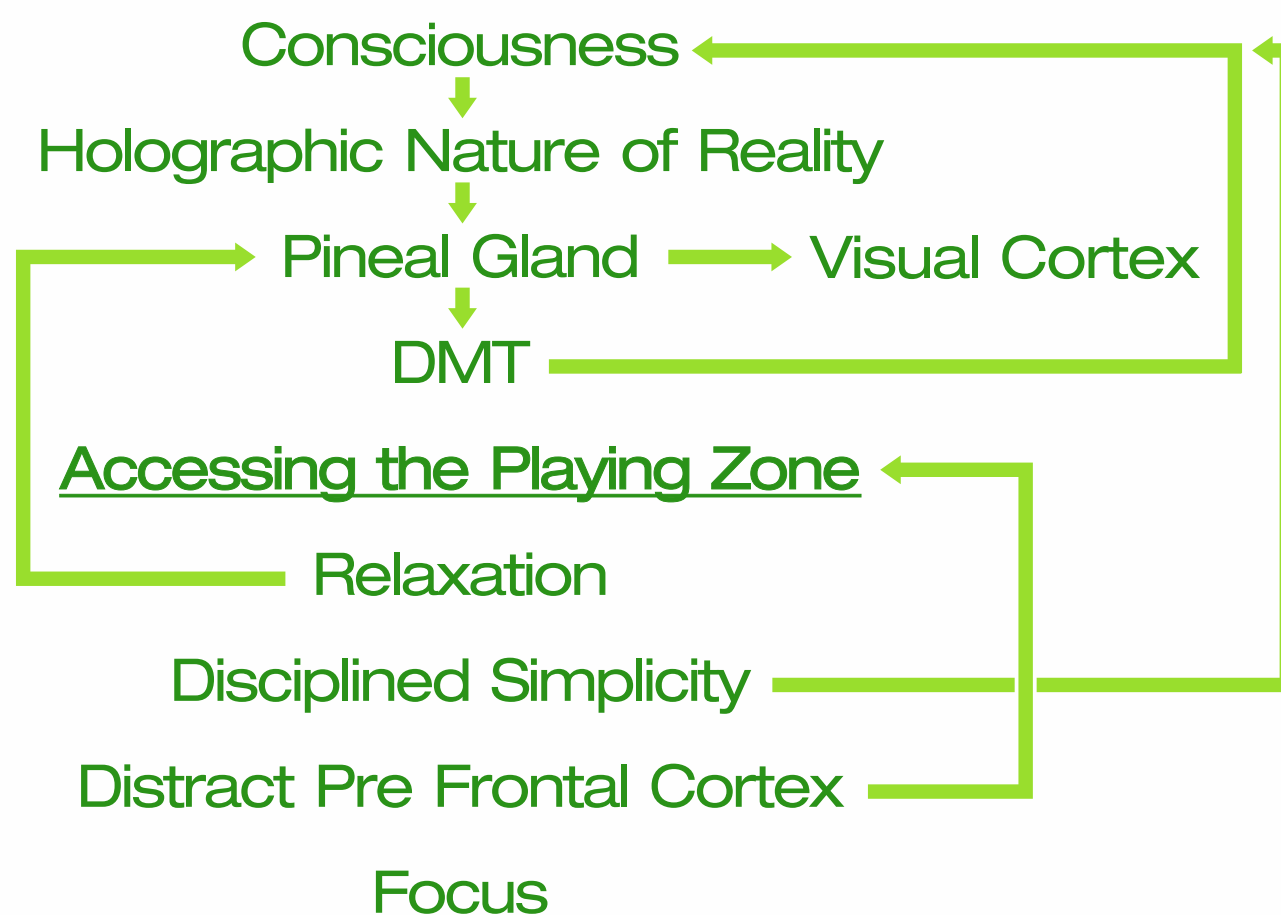


Accessing the Playing Zone

Construct of the Playing Zone



The playing zone is a part of consciousness

Being relaxed activates the pineal gland to release DMT which affects, via consciousness, the holographic nature of reality, hence the balls can become larger, the gaps appear bigger and time appears to slow down.

Disciplined Simplicity enhances the effectiveness of the playing zone, because if you do things with disciplined simplicity, you do a less number of things better, thereby creating more time and space for the playing zone to do its work, thus you have an effect on the holographic nature of reality

The images from the holographic nature of reality are sent back into the mindseye, which is the pineal gland. The images in the pineal gland are then projected into the visual cortex.

For the playing zone to function, one needs to be working from the sub conscious, to process all the information, coming in via the senses. If the prefrontal cortex isn't distracted by occupying it with a job, it will interfere with the process of getting into the playing zone because it likes to meddle, and is very good at stopping you from working from the sub conscious.

And finally, if you're not focused, one can't do their job

To obtain more information on coaching visit,
www.beawinningcoach.com