

## **Integral Life and Career Coaching:**

When a basketball player enters "the zone" and makes every shot he throws, the audience assumes it's due simply to raw talent. Little do they realize how much mental power it takes to actually get to that spot, and that rather than "playing out of his mind" the athlete is playing very much within his psycho/physiological plane.

What this player entered is actually a point where body and mind coexist as controlling aspects, where both psychological and physiological are balanced, free and totally void of any negativity or doubts. Perhaps the term "playing out of his mind" comes from the fact that the player's mind is no longer in sole control, but acting as a team with the body.

Although I think that people understand that peak performance comes when you stop trying so hard and relax, this AstroReporter has never heard this stated so clearly as by Dr. Marianne Zaugg, D.C.H., Ph. D. Zaugg's well proven premise is that a performer's mind actually gets in the way during performance, with negative thoughts that impede the body's ability to function as efficiently as it should. The tension brought into the body's movements by the brain's lack of confidence keeps a performer from reaching the peak performance that he or she so desires.

What Dr. Marianne specializes in is teaching performers of all walks: athletes, actors, directors, producers, writers...how to achieve the very success and fulfillment that seem to have been eluding them. When she has for everyone to learn is phenomenal.

The Secret to gaining "the zone" every time you pursue a goal is very simply learning to control your physical and mental process. The existence of a mental focus on nothing but success is the first step towards allowing the body to gain that success. Dr. Marianne uses several different techniques towards this end. Teaching patients to mentally find body tension and relax it, muscle by muscle, allows for increased control over tension itself. Learning how to clear the mind of all thoughts but those of confidence allows this relaxed body to perform free internal impediments. Deep and studied breathing habits give the mind a diversion from creeping doubts. Through the use of all these and many more innovative techniques, the mind and body function together as a whole within the plane known as "the zone", and success is achieved.

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