

CHI -eNews

Power is King

In physics, power is the rate at which work is performed. Power is the amount of energy expended over a given unit of time. Power is the strength that moves. We all have great unlimited power. Direct that power towards health.



Click link > http://www.youtube.com/watch?v=1aH8ITdy_sY&feature=channel_page

Winning

So what is winning all about? Is winning something we're supposed to strive for? Are we to win at any cost? What is the difference between winning and losing? If you don't "win" are you a loser? It's time to redefine winning.

I recently visited Graceland and discovered a wonderful passage inscribed on the grave cover of Vernon Presley, father of Elvis. This is what it said:

*For when that one Great Scorer comes
To write against your name
He writes not that you won or lost
But how you played the game.*

I've always said that how you play the game is more important than anything. How you treat people and yourself along the way. If you set out to win and don't, how will you feel? How will you feel about your performance and ability? Second rate? Perhaps it is time to surrender.

Motive is everything. Here's my game plan when competing in any sport. First, I set out to do what I love and then do it with everything I've got. This is where the fun comes in. All the skill I have. All the practice. All the force that I possess, and of course, all my spirit. That is winning to me. How I played the game. I win if I play by the rules with integrity and honor.



Winning is a fragile measurement of man. But there is a higher form of success known only to a few. A limited number. True winning is a demonstration of everything you've got. No bias. No holding back. No reservation.

But...sportsmanship is everything. Good sportsmanship. So, it's either true or not. Now is the time to decide. Life is either about winning or how you play the game.

So which is it for you? What game are you playing? Are you having a good time? Are you well? How do you play the game? Do you care? To win the gold we must use our gifts without breaking the rules of sport. The sport of living. Our conduct should be authentic and real. A true representation of who and what we are, keeping in mind that in this world, we are defined by word and deed. We define ourselves by our intention.

Audio Excerpt

SNU Special Guest Interview V1N6 (part 3)

Brian Kline - Little People, Big Muscles!

Click link > <http://www.coryholly.com/snu/archive.cfm?keyword=kline>



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A tip of Cory's iceberg travel experiences include barracuda fishing in Fiji, bodysurfing in Costa Rica, trekking in the Peruvian Andes, river rafting in New Zealand, exploring stalagmite caves in Israel, hitch-hiking on the road to Damascus, snowboarding at Whistler Mountain, squatting in London, wandering aimlessly through India, chasing Kangaroos in Cairns, scuba-diving in the Red Sea and hanging loose in Maui. ...www.coryholly.com/about

CHI Motto

Learn By Doing...