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## Becoming a Successful Human

Phil Nuernberger, Ph.D.

What do we mean by success? Is it success when we focus on financial gain at the expense of other important aspects of life? Too often we spend our health to make money, and then spend all of our money in order to regain our health. Too often we find ourselves in a struggle to have more when all we are doing is creating less – less satisfaction, less happiness, less joy. Too often we *unnecessarily* sacrifice health, contentment, family life, friendships, and even joy in our search for financial gain. *Unnecessarily* – because we can have financial success as well as accomplish the real purpose of our every effort – to make our life joyful, satisfying and fulfilling.

To accomplish this however, we must rely on the only real resources we have, ourselves. We must be as skillful with the powerful critical resources of our body, mind and spirit as we are with our golf clubs or tennis rackets. We pride ourselves on mastering the various control systems – such as management, financial, and information systems – and the latest technologies. But we know little about our internal management systems – our instincts, wisdom, visionary and balance – and the inner technologies that bring these under our command. We don't have to limit success, but we must have the skill, knowledge and even wisdom, to make success wholistic, one that includes all aspects of our life.

There are inner technologies available, sophisticated systems that lead to conscious control over the powerful resources of the body, mind and spirit. With the right tools, we can control the

powerful autonomic nervous system that live and work without stress and its physical and mental impact. With the right tools, we can develop the skill to live and work with both physical and mental balance, creating optimal levels of health and wellness. With the right tools we have the power to think clearly and creatively, to utilize the natural and powerful knowledge tools of instinct, creativity and intuition, the natural visionary capability of the human mind. With the right tools, we access our subtle and powerful spiritual core and experience unlimited self-confidence, a natural love and compassion for others, and a freeing sense of humility, the experience of belonging to a far greater reality. As we become more and more skilled, we free ourselves from the habits of worry, negativity and the constant pressure to prove ourselves over and over again. As we grow more skilled in the human spirit, we form successful relationships with family and friends, colleagues and clients, leading to a more successful life.

To develop the skills of an Olympic athlete takes knowledge and practice. The same is true if we want to become an Olympic human being. It is not difficult, it only takes attention, knowledge and practice. Instead of practicing the habits of stress, worry, and guilt, why not practice the habits that lead to balance, control, performance and wisdom? Gently practicing with the tools and knowledge gained in your Strategic Intelligence Skills seminar, you create your own Olympian program. Why not

continue to expand both your heart and your mind and create the life you truly want.

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### Special Event:

**Strategic Intelligence Skills®  
Leadership Institute  
and Dr. Phil Nuernberger**

**Present**

### **Leading as a Warrior Sage: The Personal Skills**

May 23-25, 2007

The Inn at Lambertville Station  
Lambertville, NJ

This two-day seminar is a skills-based training in the personal physical, mental and spiritual skills of leadership greatness and optimal performance and wellness. Go to [www.mindmaster.com](http://www.mindmaster.com) and click on the Performance and Health decal on the home page for details and sign-up. Registration is limited so be sure to reserve your place at this powerful skills-based seminar with Dr. Phil Nuernberger.



# The SIS-TIM Method

Strategic Intelligence Skills – Tools in Motion

## Deep Relaxation – Taking Tension out of Life and Work

Deep relaxation opens the gate to the inner resources. Relaxed people think more clearly and creatively, feel better physically and emotionally, and access their instinctual and intuitive knowledge more easily. To be relaxed means being free of *excess tension*, a state of physical and mental efficiency. We need appropriate tension whenever we do anything, but we don't need excess tension. Being relaxed means that I have the skill to engage life using only the tension necessary to accomplish my task. To gain that skill, I must *Deep Relaxation* which eliminates *all* tension from the body as completely as possible, and minimizes organ activity. The benefits of practicing *Deep Relaxation* include:

- a stronger immune system, greater physical and psychological health
- few stress problems such as headaches, anxiety and high blood pressure
- higher tolerance for pain; greater pain control
- enhanced access to instinctual and intuitive knowledge
- increased clarity of thought and creative problem solving
- feel better, get along better with others

### Learning Deep Relaxation

It's easy to become skilled at *Deep Relaxation*. Use the *SIS-TIM* CD of relaxation and concentration exercises that you received in the training seminar. Begin with the Muscle Relaxation exercise, the first cut on the CD. Do this exercise at least 3 times during the first week. This leads to the first level of deep relaxation. When done successfully, muscle relaxation leaves the body feeling very warm and heavy, and the mind feels somewhat lethargic.

The second week practice the second relaxation exercise, the Deep-State Breath Relaxation for at least three times. This exercise has a direct impact through the autonomic nervous system, and leads to the second level of deep relaxation. When we are skilled at this level of deep relaxation the body feels light instead of heavy and the mind becomes clear and alert rather than feeling lethargic.

In the third week, practice the Concentration Exercise called 61 Points at least three times. This leads to the deepest level of relaxation. This is the level that is most effective for reducing blood pressure.

As you become more skilled in deep relaxation, it will take less time to be completely relaxed, feel better during the day, organize your thoughts and activities more effectively, and enjoy life more completely.

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### Mind Food...From the Spirit

The highest good is like water.  
Water gives life to the ten thousand  
Things and does not strive.  
It flows in places men reject and so is  
Like the Tao.

In dwelling, be close to the land  
In meditation, go deep in the heart.  
In dealing with others, be gentle and kind.  
In speech, be true.  
In ruling, be just.  
In business, be competent.  
In action, watch the timing.

No fight: No blame

Tao Te Ching  
Verse Eight; Translated by Gia-Fu Feng and Jane English

### Comment

Water is a recurring image in the Tao Te Ching, a seminal book in Chinese philosophy. It is often used to describe the behavior of the wise – those who bring progress to situations without inviting resistance or resentment. Like water, the wise do not compete to reach high places, but instead focus on service and skill. These are the qualities of great people and great leadership. To know one thing, you must understand the whole. To achieve wisdom, go deep within yourself. To create cooperation, be gentle and kind. To create trust, be honest and fair. In all things, be skillful. Act in harmony with yourself and others; know when to act and when to refrain. The wise leader does not waste time and energy in contention, but leads through strength, wisdom and gentleness.