

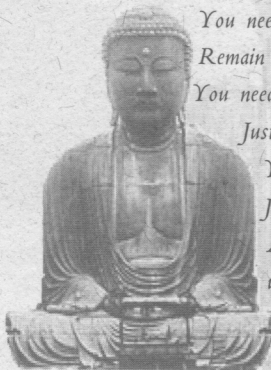
## Shivas and Meditation

by David Korba

For the past several years I've been exploring aspects of meditation. While searching for the "right" approach for reaching an "enlightened" state, I've read numerous books and tried a variety of techniques. After all this searching, it has become apparent that the feeling of transcendence gained through meditation won't be found in a book, nor will it be found by trying. For me, the key to going into the silence and getting in touch with my Higher Self, is to let go and to do nothing.

This insight also applies to my search for Shivas in my golf game. For me, Shivas is not "out there", outside of myself. He is a part of my Higher Self, always looking for the opportunity to reveal himself and to make himself manifest in my world, especially in my golfing world. But just like in the practice of meditation, the harder I TRY to find him, the more difficult it is to see him.

In meditation, one must do nothing and expect nothing. Simply sit quietly and watch the breath. No technique. Just let go of desire. Just "be". In the words of one anonymous poet:



*You need not do anything.*

*Remain sitting at your table and wait.*

*You need not even wait.*

*Just Listen.*

*You need not even listen.*

*Just learn to become quiet and still and solitary,*

*And the world will freely offer itself to you to be unmasked.*

*It has no choice.*

*It will roll in ecstasy at your feet.*

In my estimation, the same is true on the golf course. The last thing I want to do is have my head filled with mechanics or swing thoughts or *expectations* of seeing Shivas on the next tee or in the next shot. The harder I try, the less success I have. It's only when I give myself over to the game, and stop trying, that I have the most joyful encounters with Shivas. It's at these times when I might see a shadow out of the corner of my eye when no one is there, or feel a mild breeze where there was none a moment ago. It's when I feel a sense of appreciation of the beauty of nature, a strong sense of confidence in my game, when a special connection is made with my playing companions and when I learn something new about myself. These are all the voices of Shivas Irons speaking to me. Telling me to "be" a witness. To watch myself play the gemme of golf, and the game of life.



## The House of Blue Lights

I had an unusual experience about a month ago on the putting green. I was practicing, standing over a 25 footer, lining up, when I noticed a strange blue light which traced a path from the hole back through the ball. It was the color you see when you close your eyes after looking right at the sun or some other very bright light. I observed that this strange blue light traced the line I had selected to roll my putt on, and, that my putter was also aligned square to this blue line. I rolled the putt directly into the hole 25 feet away. I wondered if my eyes had just played some trick on me. Perhaps I had looked up into the sun recently?

Since then I've noticed the blue light coming to me more and more frequently as I stand over a putt. The mere presence of this light, however, does not ensure that a putt will roll into the hole. I have many times noticed myself not in alignment with this blue light, and never once have I made a putt in such circumstances. I believe that this is the aura Michael speaks of in *Golf in the Kingdom*. I have only begun to see it. I'm not really sure why it comes, but when it does I try to line up to it. Hopefully in time, I will become more adept at seeing the aura and letting it lead me. I have not yet seen it on any shot other than a putt. I eagerly anticipate the day when I am able to see full shots in this manner.

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*This may be happening sooner than expected. We have just learned that Kevin has recently passed the PGA player ability test and will be starting the PGA's Golf Professional Training Program after finishing college in May. Good luck Kevin!*