

# UNBEATABLE MIND

Secrets for developing the offensive mind  
and mental toughness of a Navy SEAL!

## WORKBOOK



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Unbeatable Mind

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# UNBEATABLE MIND

## LESSON TWO

Prior to a mission Navy SEALs will often go someplace quiet and sit in silence. Some are praying, others are “dirt diving” the operation in excruciating detail in their minds. Yet others are just silently observing their thoughts to still their minds so they can tap into their subconscious and tame the fear that naturally arises before a dangerous life and death experience.

Each “pre-mission” ritual is extremely valuable, and all part of the “First Premise” of the warrior – to win in your mind before you head out to the battlefield. We will cover each of these pre-mission practices in detail over the coming months.

In lesson one; we began to connect with our inner-most selves through the concept of your “witness.” Your witness can be thought of as your “soul” or “mind’s eye” and is the ever present observer of your thoughts and emotions. Acknowledging the witness and connecting with it consciously is the first step in developing the “First Premise” of mental toughness. It is necessary to cultivate your awareness of witness and create space in your mind to observe your internal and external world more clearly. Create your win first in their mind, then “play it out” in the arena of life.

In Lesson two we continue the work of the quiet SEAL by re-dedicating ourselves to the still water practice, and starting to create space during our busy days to observe our minds in action.

Recall that last month we stated you’re “thinking self” is not who you are, rather just one part of who you are. It is easy for us to miss this simple point. We get very caught up in our mental concepts of identity and roles. I am a father, a husband, a SEAL, a warrior, a business owner, a leader...and so on. Yes those are roles that I have in my life, but they are NOT me!

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There are two  
wolves in you  
vying for your  
attention

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The wolf of fear  
is hungry and  
needy, devouring  
any food thrown  
its way

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The wolf of love  
and courage dog  
is passive and  
friendly, and  
bullied into  
submission by  
the wolf of fear

Consider this metaphor: We are each like a single wave in the ocean. The timing of the wave rising and falling, the height, width, oscillation, and the actual sea water in the wave is absolutely unique from wave to wave. As is the personality and mental makeup of each individual completely unique from human to human. However, just as each wave is equally “wet” our individual souls, as a unique slice of the universal consciousness, is made up of the same “wetness” as everyone else. Thus the saying that “we are all the same on the inside” is speaking to our slice of universal consciousness (spirit?), just as each wave is equally wet but utterly unique.

Some variation of this theme has been taught by all spiritual traditions from Christianity (the Holy Ghost), Native Americans (the spirit that runs through all things), Hindus (The Brahman), Zen Samurai (The Tao) and the Jedi Knights (The Force).

Further, it is accepted amongst the SEALs and all true warrior traditions that you can't master yourself intellectually as a means to an end. You must develop in a “whole person – integral” manner, guided by spiritual principles supported by strong intellectual emotional, physical and awareness development. This principle is the origin of SEALFIT's Five Mountain philosophy of training.

In lesson one, we introduced the guided still-water visualization and fish bowl meditation exercises. We began to connect sit in silence and, with our witness, watch our minds in action. Once we can clearly observe our minds in action, and note how both positive and negative thought patterns arise and fall, we can then proactively interdict negative, weak thoughts, re-direct the mind to positive and powerful thoughts, and maintain a powerful stream of mind consciousness that supports our passion and purpose in life.

Now I would like to extend our practice into our busy daily lives rather than just when we take time to sit in silence. Please do not stop the seated practice – in fact re-commit to doing this daily. Your seated practice is critical for developing the competence to remain aware while under stress and in the middle of chaos.

Our goal with this lesson, then, is to start to cultivate the same awareness we are experiencing in seated silence in our every-day activities. Incidentally, this is a shortcoming with many spiritual traditions. It is easy (relatively speaking) to perform seated meditation in a quiet room with no interruptions. But try to maintain that focus and presence in the middle of a workout or firefight. It is almost impossible - unless we practice it!

We introduce a practice to pause periodically during the day to check in with your “Self.” At these moments, you will ask questions such as “How is your attitude and energy level?” “Are you generating positive thoughts, or settling back into old negative patterns?” “Am I present or in the past or future now?”

This “check up from the neck up” will provide you a structure to pause and contemplate during your busy day. It is an opportunity for you to press your personal “pause” button to re-connect with and re-energize your warrior spirit periodically. To facilitate this practice we will use the “what wolf are you feeding” parable.

I have written and spoken often about the two wolves competing for our internal energy and attention. The wolf of love and courage resides in the heart. The wolf of fear resides in the mind. The wolf that gets fed the most is the strongest and dominates our being. The wolf of fear is the most active and hungry, eager to trick us into thinking he is the most important wolf. The wolf of love and courage, on the other hand, is docile, loving and generous. He will take a back seat to the wolf of fear because he deplores conflict.

Both wolves are an integral part of us. We can't kill the wolf of fear and hating him is the same as feeding him. We should strive to control the wolf of fear - to tame him by re-directing fear energy into assertiveness and discipline. Our minds tend to gravitate to this energy and it is fed constantly with a steady diet of fear based news and conversation. It is so prevalent that we don't even notice it as negative energy.

Negative thought patterns can appear like these:

- I am too tired to continue (lack of drive)
- I can't do this (expression of weakness)
- You have got to be kidding, this is ridiculous! (looking for a way out of a difficult task you agreed to undertake)
- He is arrogant (judging is negative even if you are feel justified)
- I will be worse off next year because the economy is imploding (really? How so? Don't you determine your own reality?)

What we want to do is NOTICE the negative thinking and information coming our way, then observe how our minds react to it. Through this process we can interdict the negative patterns and re-direct

them to positive thought patterns. Thus we stop feeding the wolf of fear and begin feeding the wolf of courage.

Feeding the wolf of love and courage makes us more kind, patient, tolerant, powerful and present. We will avoid conflict and be better leaders. We won't hesitate to lean into the hard tasks; fear will cease being an influence in our lives. The nice thing is that by feeding the wolf of love and courage we will be simultaneously taming the wolf of fear.

If we sense ourselves being negative, stop and ask yourself "what wolf am I feeding now?" This is a call to action to interdict a negative thought. Other examples of interdiction statements can include:

- "Where is your head at Mark?"
- "I am not going to let this get to me!"
- "I am better than this!"
- "Stop feeling sorry for yourself Mark!"
- "Let's end this pity party"
- "I can do this!"
- "I've got this!"
- "Bring it on!"

Once we interdict a negative thought we can begin to re-direct the mind with positive energy. The re-direct is a shift to actively thinking about and taking physical action in the direction of the desired state of being.

The witness, interdiction and re-direction process can happen practically simultaneously, but they are distinct stages in the process. From the interdict statement "I can do this!" not only is your psychological state immediately altered, you will also modify your physiological state by projecting more powerful actions. In the case of a hard training session it would be digging deep and putting out max effort. It would be standing up straight and removing the pain grimace from your face. It would be shifting from a state of self-pity to one of helping a teammate out. These are all powerful actions that feed the wolf of courage.

Other actions that feed courage and tame fear include:

- Searching for, and finding, the good in others, even strangers

- Avoiding snap judgments
- Forgiving yourself for screw-ups
- Looking for good in the world

It is easy to get hit with an unseen challenge and slip back into feeding the wolf of fear. You must practice this skill and condition your heart and mind to cultivate a state of love and courage. You will tame the wolf of fear in the process.

Use this information and the daily practice to begin to develop a strong presence even in the middle of a busy day or chaotic situation.

So, what wolf are you feeding now?

## EXERCISES

### ***What wolf are you feeding now?***

*The purpose of this exercise is to cause ourselves to pay attention to our mental state by forcing a mental break. At the moment of the “time out” you will simply stop what you are doing and quietly examine your thoughts and “feeling state” at that point in time. You will notice whether you are stressed, negative, or flowing and positive. Once you notice what state you are / were in, then practice your re-direct and maintenance of a more positive mind and emotional state. This is a “forced Interdiction!”*

*Two options I will offer for the time out. One is to place a rubber band on your wrist. Anytime you notice the rubber band, snap it and bring your attention to your thoughts and feelings at that exact moment. This is particularly useful if you are always on the go, in the field on training evolutions and the like. You can substitute anything for the rubber band that will get your attention once in a while because it is not typically there.*

*The second option is to set a timer (using your phone perhaps) for every 2 or 3 hours during the day. When the timer goes off, follow the same steps as above. This is good for an office or home setting.*

*Do this daily for a week. Journal your thoughts and results*

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### ***Box Breathing***

*This will be described in detail in the audio file for box breathing. This exercise is a powerful combination practice that has more than one benefit. It re-trains our bodies to breathe more effectively, by training our lungs to take in more oxygen and detoxify when exhaling.*

*It is also an excellent concentration practice which centers our mind and calms our body. Box Breathing is one of our core practices at SEALFIT. I recommend you do it daily for 5 to 10 minutes.*

*Box breathing can be done in conjunction with the fish bowl or still water meditation or can be done before or after warrior yoga. This is a very grounding practice.*

*Journal your progress.*

## LESSON 2

1. READ LESSON 2
2. LISTEN TO LESSON 2 INSIGHTS AUDIO
3. VIEW LESSON 2 VIDEO
4. LISTEN TO LESSON 2 PRACTICE AUDIO – BOX BREATHING
5. ADD BOX BREATHING TO YOUR DAILY PRACTICE
6. VIEW WARRIOR YOGA 2 VIDEO
7. ADD WARRIOR YOGA 2 TO YOUR WEEKLY PRACTICE (OR CHOOSE BETWEEN WARRIOR YOGA 1 AND 2)
8. PARTICIPATE IN CONFERENCE CALL (DETAILS SENT VIA EMAIL)
9. VIEW OR LISTEN TO THE SUPPORTING MATERIAL:
  - A. CODE OF THE WARRIOR ATHLETE
  - B. WARRIOR MIND INTERVIEW – THE PHYSICAL AS GATEWAY TO SPIRIT
  - C. INTRO TO PUSH-UPS AND PUSH-UP VARIATIONS
10. IF YOU ARE NEW TO PHYSICAL TRAINING, AND DESIRE TO GET IN SHAPE, THEN USE THE FUNCTIONAL EXERCISE VIDEOS I INTRODUCE IN EACH LESSON AS A WAY TO START A TRUE PHYSICAL TRAINING PRACTICE THAT RUNS CONCURRENT WITH YOUR UNBEATABLE MIND PRACTICE. YOU CAN JUST START WITH 100 SQUATS AND 100 PUSHUPS A DAY DURING THE PERIOD OF THIS LESSON. SCALE AS NECESSARY AND CONSULT A PHYSICIAN IF YOU FEEL ANY DISCOMFORT. REMEMBER THAT UNBEATABLE MIND IS NOT A PHYSICAL TRAINING PROGRAM. HOWEVER YOU SHOULD BE CLEAR BY NOW THAT I FIRMLY BELIEVE THAT YOU SHOULD BE FUNCTIONALLY FIT, AND THAT IF YOU ARE NOT, THEN STARTING TODAY IS A GOOD IDEA...ONE STEP AT A TIME!

HOMEWORK: READ BOOK OR A BOOK SUMMARY OF BLINK BY MALCOLM GLADWELL. IN YOUR JOURNAL WRITE A BRIEF SUMMARY OF WHAT YOU LEARNED ABOUT HOW WE MAKE DECISIONS.

NOTE – IF YOU WOULD LIKE TO BE ACCOUNTABLE FOR YOUR JOURNAL AND ANY HOMEWORK ASSIGNMENTS, THEN PLEASE SUBMIT THEM TO ME VIA EMAIL AT [INFO@SEALFIT.COM](mailto:INFO@SEALFIT.COM) AT THE END OF EACH LESSON MONTH. PLEASE DO NOT EXPECT A REPLY OR A GRADE ON THESE...IT IS MORE FOR YOU TO HAVE AN EXTERNAL ACCOUNTABILITY. I WILL TRY TO READ THE SUBMISSIONS AND MAY USE YOUR INSIGHTS AND QUESTIONS FOR FUTURE RESEARCH OR TEACHING POINTS.

FINALLY – THIS PROGRAM IS NEW FOR ALL OF US SO YOUR FEEDBACK IS DESIRED. I HAVE RECEIVED SOME GREAT FEEDBACK ALREADY, AND MADE SOME CHANGES TO HOW WE WILL BE TAPING WARRIOR YOGA. PLEASE SEND FEEDBACK TO [WEBMASTER@SEALFIT.COM](mailto:WEBMASTER@SEALFIT.COM).

GOOD LUCK THIS MONTH – LET'S HAVE FUN AND PUSH THE ENVELOPE!

## JOURNAL

Was I disciplined with my practice this month?

What thoughts arise routinely while I practice? Am I able to connect with my “witness” and observe myself thinking?

Was there a change in how much time elapsed between when you started thinking a thought and when you witnessed it...from the beginning of the month to the end? If yes, then good!

How do I feel after each practice session?

Do I feel more calm and centered this month than last month?

How is Unbeatable Mind practice changing my outlook on life? My view of myself?

Do I feel more in control? More powerful?

What can I do better next month? Commit to becoming more disciplined!

Book report – BLINK by Malcolm Gladwell.

What did you learn about how human beings actually think. How does this information affect you? Can you use it to process information better and discern truth more clearly?