

The Science of Your *Peak Performance*

An integrated approach to achieving
your goals *BY ALVIN BROWN*

As we move forward in our evolution as a society, especially here in North America, we are beginning to realize we need to pay close attention to several areas in our lives to achieve balance and to help us reach our goals. It's not enough to just focus on the physical side of our game; goal acquisition is not only done on a mental level. Both of these and even more are needed to reach higher levels of peak performance. Now it's nothing to turn on a sporting or elite event and see that athletes are using a variety of "out-of-the-box" techniques to surpass their personal best.

SEPARATIST THINKING

Not too long ago there was a belief in separation of the mind and body. Those considered leaders in the fields of psychology and philosophy were strong proponents of this model. This mindset is still apparent in our society as we witness how the medical community boasts experts and specialists in primarily one area of the body. This is all well and good—humans are complex beings—but the weakness in this is that one specialist does not communicate effectively with the other, despite dealing with the same patient. This separatist thought process spills over into our everyday thinking, causing us to lose our connection with the whole person.

YOUR SIX ESSENCES

As a peak performance strategist trained in a number of mind-body therapies, my role is to help clients find balance and use their energies efficiently, so that they might perform at their best. My number one goal is to help clients realize they are composed of six different segments, something I refer to as your "six essences." These are as follows: chemical/nutritional, material, physical, mental, emotional and spiritual.

PHYSICAL, CHEMICAL, AND MATERIAL

I'll explain what exactly these essences are and how they work in your life. The first three—physical, chemical, and material—are the measurable and tangible sides of our mind-body combo. They deal with our relationship to things on the physical plane. The chemical essence is the interaction

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of food in the body and its breakdown into a specific chemical equivalent. The material essence is how we relate to the material things in life. A healthy balance in your material essence is necessary to reach the peak performance zone.

MENTAL, EMOTIONAL, AND SPIRITUAL

The next three are less tangible but equally as important. These are the mental, emotional, and spiritual essences. I find that we still tend to look at these last three as being in the realm of new-age thinking. The mental essence is how and what we think about all day long. The emotional essence is all about keeping our emotions such as anger, shame, guilt, and fear in check, and the spiritual essence explores our relationship with our deeper self. It becomes easy to see why these last three are so important to our overall well-being and ability to stay in a state of peak performance.

There are a number of methods we can use to access these essences. For now, my goal is to have you become aware that these 6-essences are playing a role in our daily activities and have a profound effect on our ability to perform effectively and efficiently. **JE**

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SIX ESSENCES:
CHEMICAL/
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PHYSICAL
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SPIRITUAL