CHAPTER SEVEN

NEURO EMOTIONAL ANTI-SABOTAGE TECHNIQUE AND ATHLETICS

"While it is true that
anxiety is the result of
having expectations...
it is even truer that
having anxiety is the result of
having an inability
to change expectations."

The Search for Self, One Man's Journey
~ Michael Grinder

All athletes know that to reach the top, one must work hard, practice hard, eat right, obtain professional advice, make sacrifices of all kinds, and believe in themselves. They do whatever they have to do to reach their goals at higher and higher levels. Sometimes, however, even when "all the right things" are utilized, some of the

best of them reach a level they cannot seem to go beyond, due to unknown blocks.

Dr. Mike Greenberg of Brentwood, California has been practicing for sixteen years, specializing in the natural care of athletic injuries. He regularly works with professional and world class athletes and has acted as a participating doctor at the 1984, 1988, 1992, and 1996 Olympics. At the last one, he helped runners Quincy Watts and Kevin Young achieve two world records and three gold medals. He also writes and speaks on sports chiropractic and has developed a line of innovative vitamins... all while maintaining a successful practice in Brentwood.

Regarding the above-mentioned blocks sometimes experienced by athletes, Dr. Greenberg states it well:

> **"Maybe you've hit that barrier. Your golf game has plateaued and more practice hasn't brought the desired results. You yearn to make that high velocity backhand, but every time you attempt your new back swing, your legs become Jell-O. It's as though you're driving into a roadblock and can't get past (it). But why? Who's the cop at the roadblock? Believe it or not, *YOU are*."**

Dr. Greenberg describes what has happened to the body by saying that the body has grown accustomed to performing in a

particular way in response to certain triggers. The conditioned response is set up by repeated events, like Pavlov's dog. Normally, this is a good thing, as it allows the performance to become habit or an unconscious response. Dr. Greenberg gives this example:

> "... an experienced outfielder doesn't have to think about putting up his glove to catch a fly ball. He's done that thousands of times since Little League. The action has become automatic, leaving him free to concentrate on the position and speed of the ball on that particular play."

He continues:

> "A runner doesn't think about putting one foot in front of the other. In fact, if she does think about every step, she may stumble over her own feet. She's better off letting that aspect of her performance 'go on automatic' while she focuses on strategy."

Conditioning can create magnificence or it can create defeat. It works both ways and thus the conditioned response can hinder rather than help. There usually is a component that Dr. Greenberg calls a negative emotional trigger, or a Neuro Emotional Complex.

The NEC in sports, the emotional physiological reactions that sabotage success, *CAN* be changed!

Dr. Greenberg offers the following case histories from his files.

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TONY

Tony was unusually small for a football player, several inches shorter, and quite a few pounds lighter than even the smallest ends. For years, he fought the odds and struggled to reach his dream... to play in the National Football League.

One day, when Tony came into Dr. Greenberg's office for a chiropractic checkup, Tony told him about the tryout he had the week before. He had caught every pass thrown his way and had run forty meters in 4.3 seconds. However, because of his size, he felt he was invisible to the scouts.

Tony related to Dr. Greenberg that he could feel his chance to play pro football slipping away, despite his marvelous performance. He had only one more chance (a tryout just three weeks away) to grab the attention of the NFL scouts and coaches.

Dr. Greenberg asked Tony if he thought that running forty meters in a tenth of a second less (4.2) would get him that draft

pick. When he jumped and shouted out "*yes!*", Dr. Greenberg told him flatly,

"TONY, I CAN HELP YOU RUN FASTER."

He told him about the Neuro Emotional Anti-sabotage Technique, explaining that it is a way to measure and change an unwanted conditioned response. He continued by telling him that when a physical trauma is combined with an emotional situation, the incident is stored in the body's memory. Later, when a similarly charged emotional situation occurs, the body will respond with a physical reaction much like the one brought on by the original trauma.

He explained that Chinese medicine, along with several schools of western psychology, had long recognized the link between emotions and the body. He spoke of the Oriental belief as a vital force or energy, called Chi in China and Ki in Japan, which flows through the body in channels (like those in which the blood and the lymph operate) called meridians. He continued by explaining that each meridian is linked to a certain organ, and that he would utilize the meridians to access information of any stored Neuro Emotional Complexes. After Dr. Greenberg told him about this technique, Tony exclaimed,

"WHY DIDN'T YOU TELL ME ABOUT THIS BEFORE NOW? LET'S GO!"

Dr. Greenberg began by testing Tony's belief system. That is, what he thought he could achieve. Even though he had given his best, he was open to possibility.

Dr. Greenberg asked Tony to repeat the following statement out loud, "I can run forty meters in 4.19 seconds." They found a weakness in the arm and when asked to say, "I'm without fear of losing," he also went weak. Dr. Greenberg treated the Neuro Emotional Complexes of "fear" in the kidney meridian and then "low self-esteem" in the spleen meridian.

A week after his last tryout, Tony flew into Dr. Greenberg's office looking radiant... and even taller! *He had run the forty meters in 4.15 seconds!* That's arguably the fastest time in the history of the National Football League draft! And because he ran in tennis shoes instead of spikes, the time is not official. If Tony had run in spikes, Dr. Greenberg has no doubt he would have run even faster. Tony was drafted in an early round, made the team, and has been seen in the playoffs!

This is likened to the words of Kahlil Gibran, who once wrote in *I Care About Your Happiness*:

"A man can be free without being great,

but no man can be great without being free."

Freed from the Neuro Emotional Complexes, or conditioned responses from his past which blocked greatness, Tony is discovering and experiencing the utilization of his own inner resources. ***For Tony, Neuro Emotional Anti-sabotage Technique has meant the fulfillment of a lifelong goal!***

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YOUNG

In January of 1992, Dr. Greenberg started working with a group of excellent track and field athletes from the University of California at Los Angeles. This is the story of one of those young men.

This athlete was ranked fourth in the world in the four hundred meter hurdles for the past three years. He finished fourth in the Olympics in Seoul. When he came into Dr. Greenberg's office, he walked with his head down, having the look of defeat. The young man expressed his disappointment of not ranking first, feeling he was not reaching his potential, and wanted to be #1!

At first, Dr. Greenberg was not impressed by him, but Mrs. Greenberg told him he was the wisest of the group of athletes he was treating. In time, Dr. Greenberg learned not to sell him short.

After traditional chiropractic care, Dr. Greenberg figured, "Okay, it's time to focus on congruency and help him be a champion," but he found he did not need it! He was already congruent with being #1!

For a few nights, Dr. Greenberg tossed and turned trying to figure out what this athlete's problem was about. Finally, it came to him. If his problem was not about winning, it must be about ***losing!***

The next time the young man came into his office, Dr. Greenberg positioned the arm of this world class hurdler straight out in front of himself, told him to hold it tight, then pushed down on that arm, simultaneously peppering him with a rapid fire sequence of statements. "You are a winner." "You can be the greatest hurdler in the world." "You are afraid of losing." Unlike the other strong responses, Young's arm collapsed with the last statement. Dr. Greenberg knew then that Young's problem was not in his aching back, but in his Body-Mind System.

Greenberg then discovered that Young had been traumatized by the disappointing fourth place at the Seoul Olympics in 1988. This resulted in "fear" localizing in the kidney meridian. After that, he was too anxious to run his best race. He was sabotaging himself

while he was dreaming of being number one. Subconsciously, he was believing he was no better than fourth!

Dr. Greenberg then cleared him for "It's okay to lose." One simple Neuro Emotional Complex. From that point on, he began to relax and improved in each race after that. This excellent athlete had not finished better than fourth place in any major international track meet in the previous four years.

> ***In the final race in Barcelona, he shattered Edwin Moses' world record in track and field at the Olympics!***

Young ran the four hundred meter intermediate hurdles in 46.78 seconds! That feat not only established Young as the greatest hurdler in the world, but it was a full second better than his previous PR! This quantum leap, to say the least, awed many throughout the track and field world!

Young himself credits it all to that day in Dr. Greenberg's office. Dr. Greenberg says:

> **"NET/NEAT promises to quickly identify and eliminate the hang-ups standing in the way of an individual's potential. NET works via a simple principle:**
>
> **'*THE BODY DOES NOT LIE*'!"**

When the subconscious is *NOT* congruent with the conscious, one will experience a temporary moment of weakness, i.e., *the body short circuits, the moment one unconsciously lies to the self.* The lying is not deliberate. In fact, while most of us have trained the brain to lie in certain circumstances, the body cannot/will not lie. The body will always reveal its truth. As Dr. Greenberg explains it, "The body does not always completely process the traumas that happen to it."

Over time, these unresolved emotions get triggered later in similar but inappropriate situations. When this conditioned response happens repeatedly, it blocks improvement and *you get stuck*, says Greenberg.

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T.J.

This athlete, otherwise known as T.J., was twenty-two years old and had received approximately one hundred NET/NEAT treatments in a five month period. Dr. Greenberg reports the following in his experience with athletics and NEAT:

> **"The Neuro Emotional Anti-sabotage Technique is fantastic in track and field because you can**

quantitatively measure an athlete's improvement - for example, faster time."

Where did NEAT fit in for T.J.? Dr. Greenberg reports that almost every time he treated him over a five month period, especially prior to racing, he used the technique. Many of the Neuro Emotional Complexes centered around getting "Okay" with relaxing, being confident, and so forth.

The Olympic Games were the first international experience for T.J. Although he finished third at the United States Olympic Trials, T.J. was bouncy on the track. Dr. Greenberg hated to ask, but inquired if he was wearing the 6 mm heel lifts he had given him a few months back. T.J. replied he had lost the lifts when the Nike Company had given him new shoes. Dr. Greenberg treated T.J. with the Neuro Emotional Anti-sabotage Technique.

For the final race, T.J. broke the forty-three second barrier in the sixteen-hundred meter relay. The race was at 9:20 p.m. with a cross wind that was against the runners in the final stretch. T.J. ran a 43.1, *the fastest leg ever* in the history of track and field, helping the Americans to win a world record and Olympic Gold Medal. Dr. Greenberg reported:

> **"If the race had been held earlier with no wind factor, I am positive he would have broken the forty-three second barrier. Nike has now taken T.J. under their wing."**

As a result of NEAT, Dr. Greenberg and T.J. were able to influence the outcome of the Olympics. Tony, Young, and T.J. are only three of hundreds of athletes who have reached a higher level of performance thanks to Neuro Emotional Anti-sabotage Technique.

This technique can be used to increase achievement levels in all fields, not just athletics. Dr. Greenberg reports he has used the technique to cure "blocked" screen writers who are somehow unable to finish scripts, authors who cannot get started on their books, and actors who are hamstrung by rejections.

He reports treating one obese woman who could not lose weight because she was subconsciously afraid she would ruin her marriage by getting too much male attention. This related to an experience that happened to her when she was a slender adolescent, creating a Neuro Emotional Complex. One *can* find their real potential and, as Dr. Greenberg says, *"... and what you find might amaze you."*

Dr. Greenberg also believes that through NEAT we can, as he states:

> ***"INFLUENCE THE WORLD BY RESTORING HARMONY AND HELPING PEOPLE TO BE HAPPY, ESPECIALLY TO OURSELVES!"***

In agreement with a multitude of others, Dr. Greenberg is quoted here as saying:

> ***"I feel Dr. Walker deserves a Nobel Prize for his work, and I want to thank God for this technique!"***

Dr. Mike Greenberg with two NEAT USA Olympic Gold Medalists