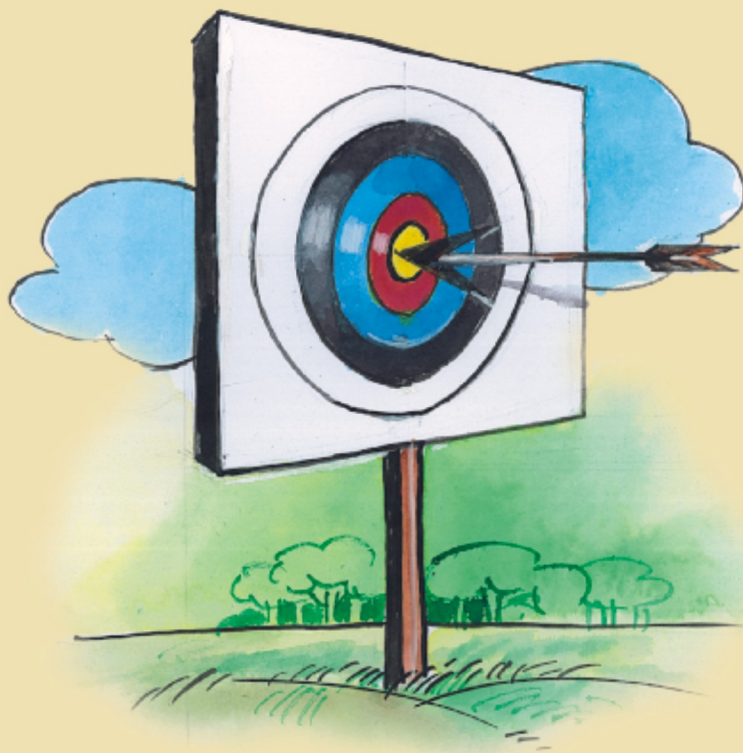


The Secret of

Concentration

PASSION



after winning several archery contests, a young and rather boastful champion challenged a Zen master who was renowned for his skills as an archer.

The young man demonstrated remarkable technical proficiency when he hit a distant bull's eye on his very first try, and then split the arrow with his second shot.

"There," he said to the old man, "see if you can match that!"

The master did not draw his bow; instead he motioned the young archer to follow him up the mountain.

Curious about the master's intentions, the young champion followed him high up the mountain until they reached a deep chasm spanned by a rather flimsy and shaky log.

Calmly stepping out onto the middle of the unsteady and certainly perilous log, the old master picked a far away tree as a target, drew his bow, and fired a clean, direct hit.

"Now, it is your turn," he said, as he gracefully stepped back onto safe ground.

Staring with terror into the seemingly bottomless abyss, the young man could not bring himself to step out onto the log, leave alone shoot at the target.

"You have much skill with your bow," the Zen master said, sensing his challenger's predicament, "but you have little skill with the mind that lets loose the shot."

The secret of concentration is the secret of self-discovery. You reach inside yourself to discover your personal resources, and what it takes to match them to the challenge.

– Arnold Palmer