

## Being Mindful

By Rick Olderman MSPT  
CPT, Certified Pilates Instructor

Much of what I do to help people with injuries or sports enhancement is teaching the impact of thoughts and habits on performance. Case in point, once I had a patient who experienced uncontrolled cyanosis in her fingers, lips and toes. Essentially, they would turn blue if she exerted any effort. Doctors and specialists were perplexed.

After taking a detailed history, I discovered that this began after a traumatic event to her husband. Somehow I made the connection that the cause of her problem was in her mind—not her body. We talked about her reaction to her husband's crisis during our next appointment after which her cyanosis disappeared, never to return. I've never forgotten this dramatic example of the mind's influence over the body.

If this woman could cause blood vessels to contract, shutting off blood flow, and then reopen allowing blood to return, doesn't it follow that we should be able to lose that extra 10 pounds, fix that golf swing, or beat that chronic injury once and for all if we just put our minds to it? Often, half of the solution to fixing chronic injuries, lies in undoing bad habits and replacing them with better ones which mechanically *feed* the body rather than break it down.

If you have a goal you haven't been able to reach, take 10 minutes and sit down to write a list of the excuses for not achieving it. You will find that most of them are really paper tigers and easily surmountable, if you apply yourself. Understanding the thoughts behind your actions (or lack thereof) is the first step to achieving your goals.

*There is not a single problem in life you cannot resolve, provided you first solve it in your inner world, its place of origin.*

Paramahansa Yogananda