

Mike Sylvester's Latest Book: Matrix Mindpower



Synopsis:

I started writing “Matrix Mindpower” in 1995, with my good friend and co-author Dr. Ronald S. Laura (that’s him on my left). Dr. Laura was educated at Cambridge, Oxford, and Harvard University and is currently Professor of Education at the University of Newcastle in New South Wales in Australia. I was honored to be in such intellectual company.

*We hypothesized that engaging our minds fully during exercise, specifically weight training, could **magnify** the already published benefits of regular physical activity. Mindfulness meditation is another phrase used to describe the ability to fully engage our minds during physical activity. Many disciplines of exercise have been doing this for centuries as in the case of Yoga, Tai Chi and Qui Gong, just to name a few.*

Given the fact that I've been involved in weight training since 1979 I have had ample time to experiment with the many facets of this discipline. One thing I have learned is that many people just go through the motions of lifting weights. Rarely does anyone discover the harmonious oneness that can be achieved between mind and body when one fully engage their entire being in each and every movement. Weight training, in this context, is something that is enjoyable because it is the pathway that integrates mind and body.

Matrix Mindpower details the science behind mindfulness exercise. Drawing upon the latest research on PNI (psychoneuroimmunology), which is a fascinating branch of medicine that believes the mind, nervous system and immune system are not separate "islands" within the body but rather constitute ONE entity. Coming from this perspective, we are not compartmentalized beings (as the medical model sees us) but rather an organism of harmonious oneness.

In the context of exercise, our mind and body operate optimally when integrated as one entity. It is our belief, that once this occurs, the effects of exercise on blood pressure, cholesterol, weight loss and aging can be enhanced or magnified. "Matrix Mindpower" also discusses the latest strategies on lowering blood pressure, and cholesterol NATURALLY!!! Many drugs designed to lower your blood pressure may make you more susceptible to other health conditions. Weight loss strategies that rely on sound scientific principles and not TRENDY diets are also discussed.

The bottom line is this: *The outcome of the exercise should not be the focal point, but rather the process. What we discover about our bodies during exercise has far more profound effects than mindlessly chasing after a goal such as losing those extra pounds for some upcoming event.*

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March 2, 2005*