

Narbe:

A lot of my friends always ask me, "Are you going into the Guinness Book of World Records?" or "Is it just for the money?" or "Is it for this or that?" I say, "No, this is just for myself." A friend of mine actually tried to kid with me and tell me that this is just adding another trophy to my ego. I said no it's none of that. I like the process. I like the camaraderie between the lifters and what I'm doing one, for instance, every time I go up there, every time I'm lifting for any amount over 300lbs, I match the weight for dollars and donate it to a charity for kids with muscular dystrophy. I think that's what it is all about. If people do it for the money or endorsements, that's fine. I do believe that once you turn pro, it cheapens it and it's very hard to do it for the love of the game.

CT:

A warrior has direction and does not complain.

Narbe:

Yes, if you complain, there's always a saying, you know, ask someone how you're doing, well, I'm doing great. If I say I'm doing bad, who's going to listen? It's true, if you keep complaining, you are already citing the obvious. Obviously, those problems are there. Fight through it; go through the storm as opposed to coming up with excuses. One thing about myself is that I never try to point the finger at other people. I just call it for what it is. Let's say I lost or experience a setback, instead of scapegoating other people, I never look back.

CT:

A warrior absorbs pain and continues to focus on the task at hand.

Narbe:

Yes, very true. Obviously in power lifting or in sports or in different areas, you are going to experience setbacks or pain. I think anything short of causing an injury, bodily harm or death makes the pain become your best friend because as the say, "No pain, no gain." I think that when I've had a really good work out, when I feel the pump in my chest and my shoulders and I have that good sore. In order to get over that hump, you have to need to experience some sort of pain.

CT:

Awareness is the weapon.

Narbe:

Yes, you have to be aware of what you're trying to achieve. I try not to lose sight of that. Of course, there have been times when I have, but I keep reminding myself to stay on course, to stay on track. For instance, when I was competing for the World Championships in December in Las Vegas, I knew all throughout not to stray off course. Any time my friends would ask me to go out, I knew I has a certain goal to achieve and I tried not to lose sight of it and it paid off.

CT:

Through an awareness, we probe beneath our negativity to its source. Through compassion, we rise above it. Through determination, we move forward.

Narbe:

Very true. Obviously I just talked about awareness. Compassion. You have to have to have your sensitive side to it. You have to have a feeling to sort of rise from the ashes and get up from your setback. Determination. A week before my competition in December, I got into a car accident and I did everything humanly possible so that I could go to the competition without hurting myself. I had to go through that process of awareness, compassion and finally determination.

CT:

How do we push beyond our limits? By believing in the possibility of growth.