

Narbe:

I think there is a saying about thinking outside the box. When you are within that box, you feel very comfortable, but there is always extra energy storage that a lot of people don't tap into and I feel that we power lifters, or we athletes, do tap into it. Nelson Mandela had a very nice quote upon his inauguration. He said that our biggest fear is not that we are inadequate because we already know that. Our biggest fear is that we know that we are champions. I'm paraphrasing it, basically saying that we're more comfortable being within four corners and only a few people take that step to see how strong they can be, how smart they can be and far they can push their limits.

CT:

Through awareness and experience we learn to discriminate which pains and sensations are messages to stop and which are the ones we can push past.

Narbe:

Again, I was talking about different types of pain and I know if I feel like I'm going to have an injury, it would be selfish and foolish of me to keep going because I know, for the big picture, I'll get worse. There are some types of pain, for instance, you're just sore, you're hiking or playing sports, or in my experiences, while bench pressing, all that it is that you're a bit sore. You are putting pressure on yourself and that can be like your ally.

CT:

The desire to win motivates. The desire not to lose motivates. Know how to fully harness the power of both.

Narbe:

Part of human nature is that you want to win, at the same time; you also don't want to become second fiddle. I think that those are the two fuels that go together and push you above. That's what I use when I do competitions. You know it's nice to be number 1 and to keep on winning and I'm going to keep on giving it a try. Because of the fact that I don't like losing, that makes me even harder to beat.

CT:

Visualize yourself succeeding. Visualize yourself over and over.

Narbe:

Very true. When I'm underneath that bar, I can close my eyes and think about how I'm going to go down and how I'm going to go up. How my lift is going to be successful. That doesn't mean that every single time it's going to work, but it does put me into the mind frame.

CT:

The warrior knows how to harness the power of defeat to rise to greater heights. Others could be destroyed by it.

Narbe:

Exactly, it's a real test of what kind of person you are. Obviously, that's the same thing in sports. Once you fall down, that's the true test. Anybody can have a five game winning streak and nobody likes to lose, of course, but that's when you have to turn around the next day and try to regain the top composure. I think it's very important, losing is more important, in some aspects, than winning.

CT:

If you go into a slump, know that this is normal. Do not panic. Know that you are about to rise above it.

Narbe:

Very true, because I don't make a big deal about it if I am winning. So, if I'm going through a little slump, that's just a little speed bump. Obviously, I know I'm going to get back up. It's happened.