

An Unexpected Dance And, What It Really Means to Take an Honest Swing

*Introducing Honest Swing™ Golf,
“The Mental Game for the Rest of Us”*

by Saniel Bonder

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Preface to the Pre-Publication Edition (2009)

Original Preface (2003)

Introduction

My start, and my swan song, as a kid — How I got hooked again — Fast forward to Maui, the following February — “Okay, then, what do you mean by ‘white-hot Jewish-American tantric shaman’? And what difference could that possibly make to your game or anyone else’s?” — “Okay, so what’s in this book for me?” — Why I’m writing this book — A “surgeon general’s warning” — So, why . . . ? — All right – let’s get going!

Dedication

PART ONE: March 21 – July 4, 2001

Am I a guy who can shoot birdies? — An honest swing — Starting out with big, loud dreams — Best game since my late teens... — ...and -- yuck! — “Just do it” — A revelation: the embarrassment of duffers — Breaking the birdie barrier!—and thanking the Big Gal... — ...And then shanking into the Valley of Death — Where does this hunger come from? — Golf and the essence of SEX — Reaching for the stars: if I only touch the moon and the sun, well... — Writing an honest journal—“say Howdy”

The speed of the game prohibits contemplation — When the golf gods or goddesses take tribute — When the golf goddess shines upon us — How I beat a scratch golfer—without any handicap strokes! — The birthday present — The ascent of SuperMatter — Under the geese — Interrupting this story to tell you about the most revealing round I’ve ever played; the Jitterflub; and, what happens when I break through a fundamental unwillingness to penetrate Nature — Later the same day, waiting on the plane for our departure to Denver — The discipline this is becoming for me, and, how to shoot through a herd of elk! — Later that same afternoon: “It’s the swing, not the hit”

I am embarrassed in the challenging company of men, and I am afraid in the welcoming presence of woman — An Honest Swing vs. “The Authentic Swing” — “Keep the Focus” — Top Tip #1: Nicklaus — The most surprising water baptism I’ve ever experienced — Secrets of recovering from lousy shots — As with other forms of lovemaking, if you’re not up for it, best not to get into it — Top Tips #2, #3, and #4: On taking aim — At the end of the day — Today’s Big News: my drivers have arrived! — What a difference! — The round when I nearly ran my “four-minute mile” — An honest

swing and the nature of the human soul — On my encounter with The Sea Ranch Golf Links these last three days

PART TWO: July 30 – November 2, 2001

The Y Factor drive swing — My new, improved, certainly challenging goals for the coming year — An honest swing is as fully studied as it can be at any stage of your development — Bummer index — Arnold: “I didn’t walk in then, so how can I do it now?” — Wrong Course Day — Wrong Ball Day — A basically great round today — Later — Still Jitterflubbing after all these months — Tightening standards — Some days they just don’t drop — Hiawatha revisited: with a twist — Handicap index previews

Playing as if I were making love — Putting through the cup — Handicap news: my September goal may yet be in reach! — Today’s round turns me a corner — The five games in The Game — Didn’t make my September 1st goal, but I’m closing in on it — The hidden part of my goal that I did fulfill — Turns out that in the power game, it is the hit, not the swing; in the short game, it’s the swing, not the hit; and in the putting game, it’s just the stroke — Another, fiercer call to prayer — Staying home strategically, and calculating what I would have to score on my last four rounds of the month to reach 10.0 for October — Is playing golf a way of fiddling while Rome burns? — Benefits of the Pelz school — New index of 11.9! — The new affirmations I am using as part of my shot routine and ritual

If you don’t have a working rocket ship ... best not to shoot for the moon! — Remind me about where I drop the flagpole when I’ve got sixty foot putts! — A vale of lamentations — Positively negatively Old Testament biblical — When it’s time to just try to get back to good old, mediocre, workaday bogeys — When it just takes plain old insistence — (My revised putting routine and ritual, p.s.) — A super home stretch

My non-golf version of the tiger initiation — Another scoring breakthrough—pitching in from off the green, and two birds in a row — Getting in some good practice, though — Calvin and Hobbes sneak off for a grand adventure—and get very wet — Predator and prey — Back to the tiger initiation — I’d just been totem-claimed by the Lynx! — The elusive yet undeniable grace of the Goddess — Two backstories — The legend of the hyperspace journeys — My blood brother, a very wild guy named Dale — Back, once again, to the tiger initiation — The aftermath of the vision — A hint of my White Heat and of my political views — The difference between unreal existential dominance and real functional dominance — An unexpected dance — A local teacher?

PART THREE: December 4, 2001 – February 17, 2002

Al scores a Big Bird—as in, Eagle! — My game starts to come back—finally — Beyond the “No Man’s Land” view of short-game play — Golf gifts for my “awakening birthday” — Index news—a happy surprise — The hidden benefit of winter play — Touch and being “White-Hot” — Going to Phoenix without my clubs — Getting my winter practice act together — More money for my game — Change to my putting ritual — Commitment and the consequences of each act—similarities between golf and surfing — The hawk circling over me while I refined my putting ritual, and Goddess news of the Dance — Getting my game back a bit — The dark, wintry cold — Maui one more time — A lesson at the Fredericks school — The news of the last couple of rounds at home, and why this entry ends *An Unexpected Dance*, the first volume of the series — On to the actual news here: why the really major changes in my swing will be ones that are going on all the time, whether I’m playing golf or not — Distilling the “Honest Swing” approach — The big shift in my own Honest Swing game

PART FOUR: What It Really Means to Take an Honest Swing — Fundamentals for Golfers at Every Level of The Game

Introduction: The Honest Swing approach never strays far from the realm of fundamental mysteries we call “the heart”

That being said, you don’t have to be even remotely “spiritual” or “religious” to benefit from the Honest Swing approach

I. Honest Swing Basics

The essence of the Honest Swing approach: six elements — 1. Intention — 2. Realism — 3. Pre-shot routines — 4. Swing rituals — 5. Evaluation — 6. The Honest Swing score

The Honest Swing approach always encourages you to play within your current game

The Honest Swing approach and the Rules of Golf

The Honest Swing approach focuses on our mental-emotional-spiritual game and on course management

Approaching the course with care and respect

The femaleness – and the livingness – of every golf course

The hypermasculine tendencies to work on one’s game à la “the Culture of Golfers”

II. Honest Swing Mysteries: Esoteric Anatomy and Occult Transmissions

An homage to *Golf in the Kingdom*

All esoteric writings are published *termas*

The “inner body” and what may someday be recognized as the greatest evolutionary breakthrough in our “perennial anatomy” in the last 5,000 years

“That which sustains” — The inner body is outside the “ken” [knowledge, awareness] of conventional Western psychology — The perennial anatomy and Shivas’s “joyous alchemy” —

New discoveries for the perennial anatomy and philosophy — Aurobindo and Ramana

“True gravity,” the descent of Being-force (or the ascent of super-matter), and the larger potential of Honest Swing golf

Ben Hogan and the occult transmission of true gravity in “circulation of the golfing light” —

Plunging deeper into the mysteries of spirit and matter, and consciousness and energy, and the possibly larger esoteric anatomy of true gravity — Here’s the ko-an and the joke: the work of getting here never ends until the end of life itself

Some final notes of incompleteness, and Shivas’s magnificent statement on paradox as “the barometer of our enlightenment”

About the Author – and Other Offerings