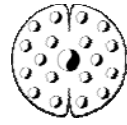




RIGHT-MIND GOLF



Brain Dead Golf - You Must Be Mental!

Wow, isn't it amazing how many people play *brain-dead golf*! Go to any golf course and you will see groups of brain-dead golfers swinging their clubs around while the ball, that little thing that needs to go in that little hole on the green, flies off into the ether mysteriously landing anywhere but on the darn fairway where you need it. Lots of scratching of heads and murmuring about why the ball didn't go where the player intended; "the wind took it", "my clubs too long/short for me", "that idiot talking on the 18th green (it's only 300 metres away!) put me off my stroke". Choose your own variation; I'm sure we've all heard the 'reasons'. This is *brain-dead golf* played by a *brain-dead golfer*! I'm not trying to insult you; I just want your attention...

I know, I know, you've had regular lessons from the club pro to perfect your swing, develop your awesome power, and acquired the finesse of 'Casanova making love' with your putting on the greens BUT STILL you may be playing brain-dead golf!

It takes a huge investment of time, dedication, and money to learn the practical technique of golf. You learn, practice and play to lower your scores and it works. Up to a point! Then there comes the time when you are 'comfortable' with your position; you are playing to par 15, you beat your buddies more often than not – but not every time, and you are 'happy' with your game. Or are you?

Comfort Zones

In fact, what you have done is to reach your *personal comfort zone*. We all have various comfort zones in all areas of our life; hey, its part of life and how we deal with it right! A comfort zone is that state of mind in which we feel a reasonable sense of achievement in a given endeavour; we know some people are better than us but we also know we are better than many others and it feels good. At this point in our golfing life the stress of the learning curve eases off, along with the need to prove ourselves amongst our peer group, because we have acquired a level of practical skill which produces adequate results. These results position us at an acceptable level on the unwritten hierarchy with our peers. In general, we are happy to accept this position; we have found our comfort zone. However, note the way I have phrased that last sentence – "In general, we are *happy to accept...*"

At this point further progress either seems too difficult ("I'll never be a par 10, I'm too old"), too time consuming ("If only I had more time to play – I could easily make par 4"), simply unnecessary ("I'm not competitive and just play for fun") or one of a multitude of other 'excuses' why further progress can't be made. These are all 'comfort zone excuses' we create to make us feel better about not reaching our full potential; even when we know we can do better.

But let's be honest about this, most of us deep down would actually like to be better at the game than we currently are. Even Tiger Woods needs to rise each new day thinking he needs to get better or he would quickly be overtaken by his competitors.

It sounds much more impressive in the club house to tell people you are a par 3 rather than a par 15 right? Of course, when you first make it to par 15 it is a great feeling but once you have been there a while don't those little demons in your mind start? "Hey, par 10 would be even better", "Why have you stopped, you could be par 5 if you wanted to".

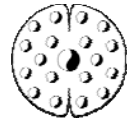
Comfort zones are very powerful things and are necessary in many walks of life but they can also be very powerful 'performance inhibitors', especially in golf.

"Brain-Dead, I'm not brain-dead!"

No, you are not! But you may be playing brain-dead golf! You may have reached 'The Wall' in your game. *The Wall* is that point in a learning endeavour where further progress always seems more like a dream than an achievable reality. At this point your intellectual mind becomes confused; it cannot understand why further progress seems so elusive. So, you



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reluctantly ‘accept’ the situation and stay in your existing comfort zone. You are now playing brain-dead golf and have become a brain-dead golfer! Hey, it isn’t your fault – honestly. But the demons don’t stop their nagging in the depths of your mind; “You could be even better!” they say and *it is true!* But how?

I must be Mental!

That’s right! To make any further progress, to knock down your ‘wall’, to open doors to bigger and better opportunities, you now need to become a *mental golfer* rather than a *brain-dead golfer*. Being a *mental golfer* doesn’t mean you need to charge around the fairways like a drug-crazed lunatic waving your clubs around and yelling at the ball; then later demolishing the club house bar like a rock idol after ten bottles of scotch. No, no, no! In fact, you simply need to become a *right-mind golfer*.

A right-mind golfer is a player who has realised that their current position, their comfort zone, is not where they want to be and that they would like to achieve more. However, the mind is a cunning enemy and it often takes the support and influence of an outside expert such as me to help a person realise that they *can actually* achieve more; that they too can become a *right-mind golfer*. With help and support a right-mind golfer will have embraced the actuality that the mind is now both the source of the problem and also the key to the solution.

Once you have reached a reasonable level with your golf technique, it is time to apply the same dedication to developing your right-mind golf. For the majority of people this is extremely difficult to do on their own. It is for this reason that ALL professional golfers and other sports people and teams utilise the services of a professional to help them with their ‘mental game’ and the services provided by ‘Right-Mind Golf’ can help you too.

Golf and the Right-Mind

Golf is a ‘spatial game’ meaning it requires excellent body and mind coordination, excellent spatial awareness, imagination skills, developed perceptual skills, and a reasonable level of fitness (physical fitness has a direct affect on your mental activity). Apart from the fitness element, each of these other requirements is a mind skill.

It is a physiological fact that the human brain has two distinct halves: the left and right hemispheres. It is also a *psychological* fact that each hemisphere performs a different function. The *left* hemisphere is our: logical, talking, using numbers, loves to be organised part of the brain. The *right* hemisphere is our: imagination, spatial awareness, artistic, and intuitive side of the mind. In the majority of people the left hemisphere becomes the dominant part of our minds and also dominates most of our daily thinking. The right side is ‘allowed’ to come into play for tasks that require its special abilities e.g. golf, driving a car, Art, building from a plan, etc. These are tasks that need ‘spatial thinking’; a right-mind function.

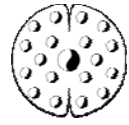
The major obstacle to progress in activities like golf, which require the use of our ‘right-mind’, is that our left-brain hates not being in control and will do everything it can to ‘sabotage’ the work of the right-mind. The most common tool of this sabotage strategy is our own *self-talk*.

Self-Talk – The Enemy at the Gate

Everyone has a voice in their head – we all talk to ourselves in our minds. Now this self-talk can be either good, we can say positive things, or destructive, we say negative things. Self-talk can and often is the ‘enemy at the gate’ because we use it to *self-sabotage* our endeavours. On the golf course, you prepare for what you believe will be a great drive, you feel good, you start your backswing and ‘pop’, a little voice reminds you that your last shot was rubbish or the voice tells you someone nearby has started talking and you absolutely have to listen in. Wham! You slice that ball straight into the lake on the right. Splah-doush! Why? Self-sabotage that’s why! This is in fact your left-brain disrupting the essential work of your right-mind. On the other hand, when a golfer is ‘in the zone’ it generally indicates that the



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self-talk is under conscious control i.e. saying nice things like “Boy, what a great round I’m having”, “Wow, I feel really relaxed today”, rather than coming up with a million reasons why things are not going well.

Self-talk either builds you up or kicks you in the proverbial nuts. It can lift you to new heights of achievement or bring you to your knees both psychologically and, sometimes literally, physically.

Right-Mind to Right Game

So, you have your technique under control and you have decided you want to progress further but have ‘hit your wall’. What now? To become a right-mind golfer you need to understand how your mind is working and what ‘mental inhibitors’ you may have (actually we all have these). Mental inhibitors can come from almost anywhere: the past, the present, or even the future (yes, that’s right) and can be internally generated or external.

Our past experience, especially from childhood, can leave us as adults with a truck load of ‘emotional baggage’ that shapes our current thinking. Also, much of this baggage we actually hold as ‘Truth’ e.g. “Talking to strangers is dangerous” (so what do you do when you are lost and need help? Never easy right?) or “Your school grades are rubbish so you must be stupid”. These ‘truths’ can and do affect our ‘performance’ in later life and especially in a sport such as golf. Also, this baggage is with us everyday (although the actual past events affecting us may vary each day) unless we do something about it.

Our present experiences and daily lives will also influence our ability to perform or play golf. Almost anything can have a negative impact on our ability to perform e.g. emotional upset (anger, sadness, or fear), stress from work, or physical issues such as stiffness in the shoulders. These things *will* affect your game in some way. How we feel on the day of play is most often affected by our emotional condition at the time and it is this aspect, our daily mindset, which is difficult to control without specialist help (and I’m not talking ‘shrinks’ here).

Future events can also affect your game because you may be distracted by something that is due to happen e.g. an important business deal next week. There is an old saying in chess that the threat is often more powerful than the execution and future events can and do affect people because we often imagine how an event is likely to go and this can cause more anxiety than the real event will. This anxiety will then hinder your ability to play golf.

So how do you become a right-mind golfer and play the right game? As we have discussed there are many things that can and do affect our ability to play golf to our utmost capability. It isn’t necessarily about technique but more often about your mind. To be a right-mind golfer playing the right game requires an acceptance that your mind does affect your play BUT that there is something you can do to change and control the affect for the better. Using one of the most powerful, cutting-edge, techniques available today I can help you to eliminate ‘mental inhibitors’ *permanently*. Not just for today or for one round of golf but for every day and every round of golf you play in the future.

The Right-Mind Golf method gets you past your walls, deals with past, present and future issues, and uses your own ‘key’ (which is your own mind) to open up the door of possibility to your true potential; and not just on the golf course but in every other aspect of your life as well. So, don’t waste one more second and become a *right-mind golfer* now!