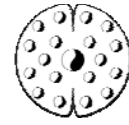




RIGHT-MIND GOLF



The RMG System

This is an in-depth article in several parts that describes the background to the RMG method, how I work and how you will benefit from a 'right-mind golf' experience with me. Firstly the background...

Part 1 – Some History

A bit about 'Peak Performance'...

Peak performance is reached *at a particular time* when a person is engaged in an activity and is applying all of their skills, knowledge, and ability (both physical and mental) to the activity *and* they are not being hindered by either internal or external influences. Internal hindrances may come from either psychological issues or physical limitations such as fitness or injury. External influences may come from other people or the environment in which the golfing activity takes place (such as people watching near the driving range when you practice).

Note my use of 'at a particular time' in the first sentence; we all know from experience in normal life and not just in golf that it just isn't possible to perform at our peak all of the time. There are simply too many factors that can throw one off; even the slightest comment from someone can destroy a person's confidence. Why is this? Read on!

Apart from the obvious physical factors that can and will affect our golfing experience: arching muscles from doing that digging in the garden, the 'summer cold' that appeared the very morning of an 18 hole round, lethargy from a generous luncheon, or a host of other things which can and do affect us physically on a daily basis, one of the most powerful 'inhibitors' to playing well (and hence playing at peak performance) is what we are thinking about both *consciously* and MORE IMPORTANTLY *sub-consciously* as we play golf!

...and about 'modern psychology'

We have all heard about 'the power of positive thinking' and all the associated stuff that goes with it, and there is quite a lot of truth and potential in these relatively modern methods. However, many of the 'psychological' methods used by traditional peak performance coaches produce only TEMPORARY results! You may perform better that day or that hour but what about tomorrow or next year?

A classic example of the weakness of 'modern psychology' methods is in the 'treatment' of phobias. People with phobias spend thousands on 'therapy', from highly-qualified and expensive 'experts', that is designed to 'cure' them of their fear(s). Rarely does this therapy actually 'cure', i.e. totally remove, the phobia since in almost all cases the fear returns with the same intensity later on. Why is this? Because controlling a fear, which is what most methods try to help you do, is not the same as removing it completely!

The same applies to the 'treatment' of PTSD (post traumatic stress disorder), especially with combat veterans. Normal psychology has failed abysmally with PTSD for this category of sufferer. One only has to look at the vast number of Vietnam War veterans who are still suffering terrifying nightmares and substantial physical effects of their experiences even after many years of traditional therapy.

Often the same applies to sport; many 'modern' peak performance methods only provide partial or temporary results because they do not address the core issues affecting the athlete or golfer.

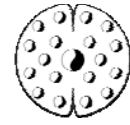
To find a better answer to this dilemma we need to look back in time a ways...

2000 years or so ago...

...the ancient Chinese (and others) knew without doubt that everything was made from energy; various forms of energy but energy nonetheless. It wasn't until Albert Einstein



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(you know the one, $E=mc^2$ right! Never did fathom that!?) proved this long known 'secret', his results then spawned the science of quantum physics, that modern western society took note again of this 'ancient knowledge'. From the work of Einstein and others another new science emerged called 'neuropsychology' which has produced a great deal of evidence that what we think in our mind translates into a physical reaction or behaviour in our bodies. In fact, the basis of the very popular NLP (Neuro-Linguistic Programming) method of seeking to change a person's behaviour is that by 'reframing' how one thinks about a current *negative* behaviour the desired *positive* change in behaviour can result.

For a simple demonstration that should give you a real experience of the concept that thoughts produce physical reaction...

Try this...

To experience the connection between thought and physical reaction yourself try this: close your eyes and imagine *very strongly* that you are swimming (if you don't swim think of drowning).

NOW STOP READING AND TRY IT!

In the first moment that you had the 'swimming/drowning thoughts', I bet you felt a physical 'twinge' in your shoulders or upper arm muscles. The thought of swimming should have triggered a reflex action in the muscles required to swim (or at least to stay afloat in water which is why your arms twitched rather than your legs). So, what just happened?

If you really thought strongly about 'swimming/drowning' your mind assumed you were in water and started to send energy through your internal energy system to prepare the first set of muscles for action. So why didn't you start flailing your arms around? Well, in the very next instant that this energy was surging to the first muscles needed to swim, your mind will have started to look for evidence from your sensory system (yet another energy system by the way) that you were actually in water and actually did need to swim.

For example, in a real situation your skin sensors would feel the water i.e. wetness, temperature change, movement on the skin (e.g. water progressively rising up the outside of the body) and in reality this would trigger the sending of relative information back to your brain for analysis. If this information, and that from your other senses too, confirmed to your brain that you were indeed in water and now needed to swim, your other muscles i.e. legs, etc, would have been sent energy to start work on swimming (or at least kicking to stay afloat). However, since you were not in water there wasn't any other sensory information sent to the brain to confirm your need to swim, the brain then realised that this was just 'imagination' at work and so didn't send any more energy signals to your body. Also, any sense of urgency you may have felt would also have passed (probably unnoticed).

If successful, what this little experiment did was to trigger in you a deep rooted 'survival' response; your body reacted physically to your thoughts without you being in conscious control. This may have been more apparent if you had thoughts of drowning since this is a 'danger' event and your survival instincts would have kicked in instantly. The point of this little game is to demonstrate to you, and I hope it did, that yes indeed our thoughts can produce physical reactions in our bodies even without us controlling them.

In Part 2 – Energy Systems, we will take a brief look at the human body's energy systems.
