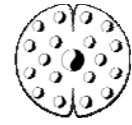




RIGHT-MIND GOLF



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.

The third part is about...

Part 3 - What has this got to do with golf I ask you!

The 'Right-Mind Golf' method (RMG for short) is intuitively built on the fact that we have a natural energy system and that we can influence and use this natural energy to help us control the physical reactions produced by our thoughts. If you did the swimming experiment in Part 1 (if not then please do so), you should now have no doubt that psychological changes do produce physiological reactions and this is where the link to sport, and golf in particular, comes in.

Memory and memory triggers

When we experience an event in our lives our brain uses all of the physical information, mental information, and any other information deemed necessary from before, during and after the event to create a memory of that specific event. The actual time scales for the before, during and after periods can be infinitely variable and each part will usually be of a different duration. Often a traumatic event will create a powerful memory instantaneously whereas other less reactionary events may take ages to build a memory (such as remembering dates in history class!)

Memory has two basic forms: short-term and long-term. Short-term memory is believed to react first to a new experience or event. Memorising a list of names for example, to write down a short time later. This mechanism allows us to deal with various information that is needed for only a short time and that isn't considered important enough to retain. More important information, or information that is repeated often, passes through our short-term memory into our long-term memory. This process is still largely a mystery but we know quite a lot about it (even our dreams are believed to play a part in this process).

Once a memory has been created it can often be recalled by experiencing one or more of the individual stored pieces of information related to the original event; which in turn can produce a physiological reaction similar to the original event. These are *memory triggers* that bring forth the related stored memory. Surprisingly, one of the most powerful memory triggers is our sense of smell. I am sure that at some time or another we have all had a strong memory reaction to a particular smell; or that certain smells bring up memories of specific past events. A common example is the smell of cooking which often triggers strong memories from childhood. Another example is that of female victims of attack who often recall the 'smell' of their attacker more than the facial features; even when the face has been clearly seen. Some victims of attack have even been able to identify the brand of soap their attacker uses!

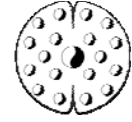
Of course, this is a massive over-simplification of how the memory system really works but it keeps things easy.

'Writings on our walls'

Memories built up during our informative childhood years can often be the most influential in our adult lives. Much of our 'belief system' comes from strong memories of our parents telling us this thing is true or that thing is false. These memories are often reinforced by constant repetition of the same 'advice' from our parents. "Don't talk to strangers!" is a common piece of advice most children have drummed into them from an early age in order to protect them from harm. However, equally common is for these same children to later, as adults, experience difficulty in communicating with people



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they don't know and/or making friends easily. Such childhood parental advice can have so strong an affect on a person that they become affected forever. In meridian energy work this type of memory is known as "writings on our walls". It is in our long-term memory that our "writings on our walls" are to be found waiting for a chance to affect our everyday lives.

We all carry with us "writings on our walls" and much of our adult *belief system* is based on them. The problem is that these "writings on our walls" may be good or they may be bad but either way they usually affect our adult behaviour a great deal.

The "Writings on our walls" can and do play a significant part in sporting activity, especially in Golf where so much depends on a strong mental approach.

The Demands of Golf

The physiological reaction mechanism that can be triggered by stored memories also works 'in real time', when we have thoughts at both a conscious and subconscious level, in our everyday activities such as playing golf.

When we play golf we are engaged in both a physical activity, which demands a high degree of coordination of the body, and a psychological activity which requires concentration and mental discipline. The problems emerge when one or the other (or heaven forbid both!) of these two aspects of our game are weak or become disrupted for some reason.

The physical part of our game requires us to be reasonably fit (swing a club a few times and feel those muscles working!) and to gain a command of our technique through professional lessons, practice and match play. When we have this aspect of our game up to a reasonable level we can usually play reasonable golf (and not ache too much the following day!). Further advancement then becomes somewhat more complicated because although we may be able to improve our technique and knowledge of the game, we also need to develop our minds. We need to learn 'The Mental Game' as it is often called and this is where the RMG methods are essential

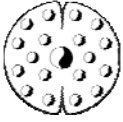
The Mental Game

OK, so you have pretty good technique, you take regular lessons with your local golf pro, and you practice until you drop but still you can't lower your scores. To add to this personal frustration, there always seems to be some idiot talking behind you which always puts you off your stroke. What's going on?

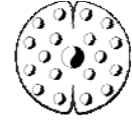
What's going on is that you are being sabotaged by your own mind and the "writings on YOUR walls"! Your ability to play well or move forward with your development is being affected by your current thoughts, past memories and events (both recent and way back), and personal issues.

Remember that our thoughts *really are* linked to our physical bodies and how and what we think can, and likely will, be transferred to our bodies. Therefore, when that idiot behind you on the first tee talks just as you start your backswing, your mind 'tunes-into' the person's voice which in turn disrupts your concentration; the consequence of which is that your *body* reacts and you lose your swing.

Now wouldn't it be wonderful if this link between your thoughts and your physical reactions could be controlled or better still, in the case of negative or disruptive thoughts, totally eliminated. How would you feel to never again be disrupted by 'that idiot talking' or any other distraction in the environment? How would you feel to lose that tension in your shoulders you always get when there are people watching you play? How would you feel to hit that third shot brilliantly after the last two excellent shots instead of the usual 'third shot yips'? How wonderful to never again have the 'yips' on the green? How wonderful to never again hear that voice from your childhood past or



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your adult present telling you how worthless you are (“You’re worthless, you’ll never amount to anything, get out of my sight!” or simply “You’re useless, forget it!”)
Your physical performance on the golf course is directly affected by what is going on in your head. All your emotions of hope, fear, anticipation, aspiration, target setting, anger, sadness, joy and gladness, all affect your mind and hence your golf – not just those emotions on the day of play but also those from yesterday (“Had a row with the wife yesterday and I’m still annoyed!”) and those still to come (“I’ve got an important board meeting tomorrow to decide the future of the company”).

All of these *core emotional or physical issues*, memory triggers and much more can be resolved with the RMG method allowing you to truly fulfil your golfing potential and REALLY enjoy your game!

In Part 4 – ‘How do I achieve this’ we will discuss the actual RMG method used to produce the wonderful results you are capable of.
