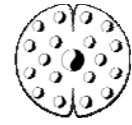




# RIGHT-MIND GOLF



## 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.

This final part is about...

### Part 4 - How do I achieve this?

The RMG method uses a unique method of stimulating your natural healing energy system, whilst at the same time directing your healing energy to the source of the real underlying *core issue* that is causing the physical reaction you may be feeling and that is affecting your golf.

By consciously controlling where our natural energy is going we can direct the body's natural healing system to attend to the issue we are focussed on. In this way, we not only energise our system but also 'cure' or 'break' the emotional link between the issue and the physical reaction we feel when thinking about that issue. So how do we actually perform this miracle?

### How do I resolve your - Issues and Aspects

When using my RMG method I work with you to identify those *core issues*, from the past, the present and the future, that are occupying space in your mind and inhibiting your golf. Many of the past core issues may be caused by the "writings on your walls". Once we identify a *core issue* I remove each of the *aspects* that are supporting that particular issue.

To better understand issues and aspects here's an analogy:

Think of a table with four legs. The table top is the core issue and each of the legs is one aspect of that issue. If we remove one leg, or one aspect, the table becomes less stable. The issue remains but now it is not as strong as before. Remove a second leg and the table is decidedly shaky. The issue is breaking down. Once we remove all four legs the table top crashes to the floor; the issue has no more aspects or support and dissolves. Without aspects an issue cannot exist and so it is gone for good.

Some core issues are easier to remove than others; it depends on how many aspects an issue has supporting it and how easy or difficult it is to remove each aspect. Sometimes we experience "one minute wonders" whereby what seems to be a serious issue dissolves after one application of the RMG method. Other core issues may require several sessions of the RMG method over several weeks because of their complexity. This is often the case with long held beliefs that originated in childhood and that have many aspects to them. Lack of self-esteem and inner confidence is one such core issue that might require quite a lot of effort to resolve.

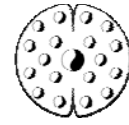
This is the significant difference between the RMG method and some other methods. Although with other methods it is possible to reduce the affect of a core issue by 'relaxing' or redirecting attention away from the issue; this doesn't actually resolve or remove the core issue. Since the core issue hasn't been addressed the next time you play golf the same problems will emerge to hinder your game. No progress has really been made.

WITH THE RMG METHOD WE IDENTIFY THE CORE ISSUES AND THEN WE REMOVE THEM – PERMANENTLY!

**"Tap, Tap, Tapping on Heaven's Door"**



## RIGHT-MIND GOLF



We achieve the remarkable results the RMG method is capable of by simply tapping with two fingers on a range of 'energy points' around the face and upper chest region whilst using key words or phrases to focus our mind on each aspect in turn of the core issue we are resolving. By assessing the emotional intensity of an aspect, using a *personal intensity scale* of from 0 to 10 (0=no intensity or feeling, 10=maximum intensity), both before and after using the RMG tapping protocols we can assess when the aspect intensity has been reduced to nothing and hence removed. By dealing with each aspect of an issue in this way we eventually remove the core issue – forever!

**I KNOW, I KNOW, IT CAN'T BE THAT SIMPLE RIGHT? YES IT CAN!**

What the RMG method is doing is encouraging the flow of your natural healing energy to fix any unhealthy links that exist between your thoughts or memories and the physical sensations in your body. Once these links are 'fixed' you will still have the thoughts and/or memories but you *will not* have any physical reaction. And the even better news is that the 'fix' is permanent; not merely temporary as is the case with many other traditional peak performance techniques.

So, for example after using the RMG method on the core issue of 'that idiot talking', when 'that idiot' talks behind you again on the first tee you will not even be aware of him because you will not have any reaction to his talk and you will play your swing as well as expected.

The same applies to each and every core issue that may be affecting your game play. By removing all the mental links of an issue we permanently remove the issue itself; now and forever!

With adverse memories that affect your game, you will still have the memory but you won't have the usual negative reaction to the memory. In this way, that memory won't ever affect your golf again! Brilliant!

This method also works on positive memories and experiences and not just on negative ones. For example, I use the RMG method to reinforce positive feelings and thoughts to promote better game play. Think of the feeling you get when you play a great shot. Wouldn't it be wonderful to be able to maintain that positive, uplifting feeling throughout the round? By directing the natural healing energy using the same RMG tapping protocols, but this time emphasising the positive phrases and feelings, we generate that 'winning feeling' that lifts us to greater achievement. Think like a winner and you can be a winner!

If you have read each of the four parts of this series, you will have reached a point where you think all this is "humbug" or you can see the potential for dramatically improving your Golf! Either way, the RMG method will work for YOU! You don't have to believe for the RMG method to work – in fact; some of the most astonished people tend to be those who start out the most sceptical.

Remember;

You ARE what you THINK!  
You GET what you BELIEVE!  
'Right-Mind Golf' WILL help YOU!

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**I look forward to working with you to reach your golfing dreams.**