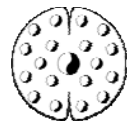




RIGHT-MIND GOLF



Loaded Dice Golf

In my 'Russian Roulette Golf' article (hey, you did read it didn't you?) I discussed the idea that many people play golf more as a game of chance than one of design and what they need to be doing, if they really want to improve their game, is playing 'Loaded Dice Golf' instead. Let's take a look at what I mean by 'Loaded Dice Golf' and how you can start improving your game; and also remove some of the 'poor dice rolls' you are probably experiencing far too often e.g. slices, bunkers, water holes, red zones, putting yips, you choose!

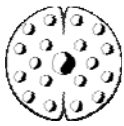
Most people are familiar with the phrase 'loaded dice' which are weighted die that always turn the right numbers face up when rolled and are used by players (cheats) to take the chance out of the game and guarantee a winning roll. Well isn't that what we need for our golf; an effective way (not cheating!) to take the chance out of our play and to control 'Lady Luck' herself? Wouldn't it be great to load the 'golf dice' in our favour just for a change? We want the numbers to come up for us as often as possible right? Isn't a Birdie more desirable than a Bogey? Doesn't chopping four or five strokes off your 'normal' score give you a great feeling? Well now you can!

Remember the concept of 'The Wall' we explored in the previous article? Your own 'psychological wall' is built from the mental inhibitors that you bring to your game. Each 'critic brick' making up your personal wall constitutes just one of those self-critical thoughts that our 'inner demon' uses against us almost hourly. The more 'critic bricks' you have the bigger and stronger is the wall; and the more difficult it becomes to either climb over it or, better still, blast through it!

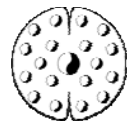
If you are a normal human being you already know a lot about 'critic bricks'; every time your inner demon says something negative like: "Boy, the wind on the course is a problem today" or "You can't make this putt", the irritating little beggar is throwing another *critic brick* right in your face; and they just keep piling up and up until your psychological wall stops you dead in your tracks. Result: a missed putt, a dreaded bunker shot, or the ball flying off with the birds rather than flying towards the green.

Of course, critic bricks don't just come from the demon within. Oh no, our golf mates usually have a ready supply too and they are more than happy to cob a few your way; usually right after a naff shot or worse still before a winning putt! The weird thing is a critic brick doesn't need to be a spoken criticism, just a certain look from a playing partner can be as devastating as a stream of words. The funny thing is how we perceive this form of 'critic brick throwing'. We know it's harmless so we affectionately refer to it as 'Banter'. But is it really harmless? Be honest about this; do these 'banter bricks' really merely bounce off, as most of us would like to believe, or do some of them get through and land on our wall? How often has a 'throw away' comment from someone, said without mal intent of course, actually made you play worse rather than better? How often have you seen your playing buddies pull a wry face as you make the shot? These things are guaranteed to cause bad shots if they are allowed to by you.

How can we deal with our inner demon and it's 'critic bricks', and those 'banter bricks' from mates? How do we break down 'the wall' and reach our true playing potential? We use the techniques of Right-Mind Golf! The most successful way of permanently removing the 'critic bricks' from our wall is to identify the origin of that brick, the underlying thought or emotion that created it, and dispense with it. By dealing with the emotional foundation of the wall, the most important 'critic bricks', we collapse it and free you from it's limiting effects. The Right-Mind Golf method does exactly this; it removes the 'emotional shackles' of the critical thoughts which directly and adversely affect your play. The same process is also used to deal with the external 'banter bricks' as you play so that they do not become a problem during the game. With persistence even the most deep rooted and harmful 'critic bricks' can be



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eliminated relieving you of the burden of self-doubt and loss of confidence which often result from constant self-criticism or worst still the criticism of others’.

Once our ‘inner demon’ is under control and the debilitating effects of the many ‘emotional critic bricks’ holding our wall together have been removed, we start to play ‘loaded dice golf’! With the uplift in self-worth, self-esteem, and self-confidence which always results from the Right-Mind Golf method, I can assure you of drastically reducing the chance factor in your technique and overall play allowing you to enjoy the game even more. After working with the RMG method your mates will of course attribute your new success to ‘luck’ but you need simply smile, roll your loaded dice for each shot, and PLAY BETTER GOLF!

About the author

Les Meehan is a published author, qualified and experienced teacher and a specialist in creative thinking. He is a meridian energy practitioner, and the founder of ‘Right-Mind Golf’ (www.rightmindgolf.com). Les helps golfers at all levels to improve their play in incredible ways by overcoming individual ‘mental inhibitors’ and he can help you too! Les can be contacted direct on 952 717 621 or 691 614 254.