



Mark Wright's

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Guaranteed Golf Improvement Techniques without Physical Practice

If you are not aware of the techniques for improving your game that are about to be revealed to you, then you are in for a real treat because everything you are about to discover, for perhaps the first time, is used by top athletes in every sport. In fact many of the techniques are employed by successful people in all fields of life, not least of all, the business sector. In fact you could say that the techniques come from high achievers in life, who apply them successfully in their niche area to produce outstanding results, whether they are in business, art and science or sports, it matters not. The reason these techniques will work in any field is because they are to do with the human mind, how it works and how what we think can drastically influence the results we get, either good or bad.

If you have already been introduced to the techniques in this publication I hope that there is something new that helps you, but if there isn't I know that we all benefit from a recap every now and then. I know I did writing this EBook. Repetition is the mother of learning, which is why I will also ask you to read this book over and over until you know it backwards, because then you will start to really put the systems and techniques into practice, and reap rich rewards.

To all. If you do not employ the techniques in this publication on a regular and ongoing basis they will not work. Continual action is what separates the men from the boys, or the women from the girls. (That's only fair?) This I can guarantee just as surely as I can guarantee outstanding improvement, probably in areas you never dreamed of, if you practice what we explain to you in this publication.

The beauty of the techniques in this publication is that they will benefit you even if you;

- ✚ Don't like practicing
- ✚ Do like practicing
- ✚ Don't have time to practice
- ✚ Physically cannot hit a lot of balls
- ✚ Have no practice facilities where you are
- ✚ Travel a lot
- ✚ etc...

You get the idea? The techniques use your mind as the key tool to program attitudes, beliefs, emotional control and muscle moves. Yes, I said muscle moves. If you are new to this then that may seem fairly amazing but trust me when I say that it's common knowledge that you can train yourself to move in a particular way, without actually having to make the moves physically.

Forget muscle memory, it does not exist. (Quantum biology aside) Muscle memory is mentioned often but the reality is that it's complete nonsense. MAKES NON-SENSE. Your muscles have absolutely no capacity to remember anything, let alone a complex golf swing. If you believe you can train your muscles to memorise a swing then you may as well sit down and have a chat with your favourite golf shirt and pants; Train them to make your swing for you because they have just as much chance as your muscles on their own. I know you don't think its muscles that give you the ability to tie your shoes laces and they will not make your golf swing for you either.

The true sign of intelligence is not knowledge but imagination - Albert Einstein

Muscle movement comes from the brain, period. Your brain controls all muscle movement by firing signals to the relevant muscle groups, in the correct sequence, working both your agonistic and antagonistic muscles in an amazingly intricate and complex program to achieve whatever movement you are trying to make.

Whenever you have to learn a new task (sequence of muscle moves) your brain opens a new file - in human brain function terms - and starts learning how to make the new move you want with ever increasing efficiency by making new neural pathways and refining them according to the feedback of information you receive. It's a learned brain program of sending signals to your muscles to perform in exact ways, not muscle memory.

Here is another thing you want to *know and accept* in order to progress to the level of training you want you to get to. The following statement is hugely important for you to understand and accept as fact and if you are still unsure after my explanation I would urge you to research further evidence until you are completely satisfied that this is actually a fact. Any sport psychologist worth their salt will *confirm the following statement* of fact for you and the reason I want you to completely accept this, is so that you are completely *happy about the effectiveness of the training techniques*.

**“YOUR UNCONSCIOUS MIND DOES NOT KNOW THE DIFFERENCE BETWEEN A
REAL PHYSICAL EVENT AND A VIVIDLY IMAGINED INTERNAL EVENT.”**

It is only your conscious thinking that differentiates between an imagined event and one you just vividly imagine. This is clearly important that some part of your thinking is able to differentiate otherwise you wouldn't know if you were actually doing something or just imagining it. (This is a very serious medical problem that some people have by the way so be grateful that your conscious brain can differentiate.)

What happens when you suffer a nightmare? If you are half human then you will have experienced nightmares, some of which make absolutely no sense, and yet you wake up with real “PHYSICAL” symptoms of fear. I know I have woken up from a few in my time and been massively relieved to discover it was just a dream and there really were no fire breathing dragons eating my family members! (No calls from concerned psychologists please, I think that came from recently watching a movie about human devouring, fire breathing dragons.)

So I hope you can accept that your unconscious mind does not differentiate between what you are physically doing in the world and what you vividly imagine in your mind. If my quick and easy explanation has still not convinced you then I implore you, take some time and do some study work on this until you have **completely satisfied yourself** to this part of human mind function. The key is that the more vividly you make your imaginations, the more effect they are.

If you do a little daydreaming with very few details it will have little or no impact. If you close your eyes and really go to town on imagining every detail, with feelings, sounds, and even smells, really get into the experience, it begins to have some real power on *convincing your unconscious mind*.

If you keep doing this, as vividly as possible, every day, your unconscious will eventually accept it as true. If you are vividly imagining making a certain move, like a golf swing, your brain will be writing the program of neural pathways even though you are not actually discernibly moving. Although our science friends can actually record minute firings to the associated muscles when imagination is occurring, so really, you are moving.

This is why visualisation is so widely used by people at the top of their respective professions. This is why every top athlete uses visualisation. They use it before an event to prepare. They use it during events to enhance performance and they use it afterwards to reinforce and learn.

This fantastic piece of human ability means that you can realistically improve performance without having to physically practice. It means you can essentially reprogram your unconscious in a number of different ways,

including your own confidence levels. If you vividly imagine yourself as a confident and relaxed person every day, pretty soon you will start to feel and act that way, marvellous!

Now as far as physical practice goes, if you enjoy it and have time then it's best to do it if you want to progress to the very top of your game potential. Remember this though. If you are strongly working your physical game with little or no mental game input, you will fall well short of your potential. Focusing all your energies on the physical game simply is not the way to peak performance, and that's a fact.

MANY YEARS AGO A STUDY WAS UNDERTAKEN TO TRY AND VERIFY WHETHER PERFORMANCE COULD BE MEASURABLY IMPROVED BY USING PURELY VISUALISATION TECHNIQUES.

A GROUP OF BASKET BALL PLAYERS WERE CHOSEN AND SPLIT INTO THREE GROUPS.

GROUP ONE - WAS ASKED TO PRACTICE THEIR FREE THROWING BY ACTUALLY SHOOTING BALLS AT THE HOOP. IN OTHER WORDS DOING THE REAL LIVE PRACTICE AND NOT BOTHERING WITH ANY "MENTAL" VISUALISATION AT ALL.

GROUP TWO – WERE MADE TO REMAIN AT HOME AND ONLY VISUALISE THROWING SUCCESSFUL FREE THROWS WITH NO PHYSICAL PRACTICE AT ALL.

GROUP THREE – WAS INSTRUCTED TO SPLIT THEIR PRACTICE TIME IN HALF AND PRACTICE BOTH LIVE FREE THROWS HALF THE TIME AND MENTALLY VISUALISE THE OTHER HALF.

THE TEST RAN FOR ONLY ONE WEEK, A RELATIVELY SHORT TIME IN TERMS OF PRACTICING ANY TECHNIQUE FOR IMPROVEMENT. AT THE END OF THE WEEK THE GROUPS WERE BROUGHT TOGETHER TO THROW HOOPS AND SEE WHAT RESULTS IF ANY COULD BE MEASURED.

You may be surprised to learn that the group who showed the best improvement was group three who split their time equally between physical and mental practice. Perhaps even more surprising is the fact that group two, who ONLY visualized came in second and the group that only relied on physical practice came in last.

So if you want to physically practice go right ahead but make sure you spend at least fifty percent of your practice time working all the various disciplines of the mental game including working your pre shot routines, trust, emotional control - managing yourself – anchoring, AND VISUALISING YOUR SWING AND SHOTS. Remember the most powerful learning splits time 50/50 between physical and mental practice. Also spend an awful lot of time getting a really hot short game, from the wedges to putting.

If you are either a professional golfer or have desires to become one then get yourself a mental game specialist or you just won't be able to compete in today's world.

Now if you fall into the category of "can't" practice or "won't" practice or just a "little" practice, here's the great news. You can use all of the techniques in this book to make very significant improvements in your game. Chances are that you do not realise just how good you can get using just your mind alone but I am here to tell you that if you give your mind a chance and diligently work the techniques, you will amaze yourself. Remember that the group of players who came second in the study ONLY USED MENTAL PRACTICE.

Don't necessarily try to do all of them although there's no harm in that if you want to get where you want to go *fast*. You can pick a few techniques or even just one and apply it to the area of your game (or life) which you think needs some improving. Go ahead and work it consistently and you will start getting results. This will then give you the drive and motivation to take on more goals and use more and different techniques.

REMEMBER: Continual application of the techniques over a sustained period of time will start to yield the results you desire. Doing a bit here and there will probably have little or no effect and once stopped you will just slide back into your old ways. The techniques work, it's whether you have the discipline, desire and determination to work them that will decide how successful you can be and what level of reward you reap.

GO FOR IT! Once you see the evidence of the improvements, you may start applying them to all areas of your life and realise success at a level you only ever dreamed of! Good luck and remember that a smart person calls for help when they need to succeed. Don't hesitate to contact me with any questions you may have.

TECHNIQUE NUMBER 1 – HAVE FUN

Yes this is a very valid technique. If you are enjoying your game and having fun, you will play a lot better and get a lot more from a game which should always be **Played For Fun**, even if you are in major tournament competing for money. If you are not enjoying yourself out there then you must do one of two things.

- ✚ Stop playing
- ✚ Find and eliminate the reasons you are not having fun

The reason most people stop having fun is because they have an ego problem or they are worried about results and more often than not they suffer both which puts more pressure on. Both of these mental errors are disastrous as you will be able to testify to if you are one of those people who is not enjoying the game the way you should.

Know that the more you worry about results the more you are playing in the future, thinking and worrying about a result that has not actually happened yet. The fact that you are "looking" into the future and worrying about a particular result means that you are employing the power of the mind in a negative way and are making the likelihood of that negative result happening even greater.

HERE ARE SOME OF THE BIG SWING KILLERS IN GOLF.

- ✚ Worry over results, Causes Tension in Mind/Body.
- ✚ Ego – What Will People Think Of Me If I Play Bad?
- ✚ Technical Swing Thoughts While Playing

If you are putting pressure on yourself through worrying about results you must learn to play more in the present, one shot at a time. This means that you don't care about the outcome of the shot you are playing. This does not mean that you slack off and don't focus. You must diligently go through your whole routine for every shot, focus and imagine the shot you want. Then trust it and hit it without worrying about the outcome.

If you are heavily result focussed then this will not be an easy task for you, but if you are ever to play your best and enjoy the game at the same time, then you simply must learn to stick to a process on every shot without worrying about the outcomes. It will take time and mental practice to get your focus down into the present but it is an ability which will pay big rewards.

IF YOU DO NOT HAVE A SOLID PRE-SHOT ROUTINE WHICH INCLUDES ALL THE ELEMENTS OF PHYSICAL SETUP AND MENTAL PREPARATION FOR THE SHOT THEN YOU NEED TO WORK WITH A GOOD COACH WHO HAS EXTENSIVE KNOWLEDGE OF BOTH THE SWING AND MENTAL DISCIPLINES NEEDED. OR YOU WILL NEED TO CONSULT BOTH A MENTAL AND PHYSICAL COACH AND COMBINE THE DISCIPLINES THEY INDIVIDUALLY TEACH YOU. PERSONALLY I THINK THAT IN TODAY'S GAME ANY DECENT COACH OF THE PHYSICAL GAME SHOULD HAVE A GOOD UNDERSTANDING OF THE MENTAL SIDE OR BE ABLE (AND WILLING) TO RECOMMEND A GOOD SPORT PSYCHOLOGIST WHICH THEY ARE WILLING TO WORK WITH TO GIVE YOU THE CORRECT ALL ROUND PHYSICAL AND MENTAL GAME.

The skill of being able to keep your mind on a single thought without it wandering and worrying about outcomes can be developed. Ideally you want your mind focussed on the target that you are hitting to or focused on just noticing the club-head collect the back of the ball, or something non-result focussed. Just keeping your mind focused on a process while you swing will allow your unconscious mind to make the swing happen and it will do so with the correct amounts of tension and relaxation in the appropriate muscle groups. Something you cannot consciously do with any degree of precision.

The best exercise I can recommend to develop your ability to focus on something specific and in the present is this. Take a pen or pencil (you can use just about anything but we will use a pen or pencil) and hold it up in front of you at a comfortable distance so you can stare at it without eye strain. Now do just that. Stare at the pen and keep your mind focused on nothing but the tip of the pen. Your mind should feel "Blank" other than the pen or pencil being in your awareness. See how long you can remain with no thought but awareness of the object. If you are normal or average then you probably won't get past a second or two without noticing something else. The TV, a dog or cat moving, a car passing in the street, a thought about something you have to do, or; "This is weird staring at a pen, I hope no one see's me!"

Practice as often as you can and you will start developing an ability to narrow your focus longer and longer. Remember you only need to develop a deep focus ability that lasts a few seconds and that is long enough to "switch off" while the swing is made. You need to be able to focus on the back of the golf ball intently and have no interfering thoughts pop into your mind.

Use the **Self Image Re-Programming Technique** to reprogram your mental attitudes as well as the Pen Focus technique for even faster results. The Self Image re-programming technique is described fully later in this EBook and this is why I urge you to read this work over and over. The more times you have read it along with practicing the various techniques the more understanding you have and the more powerful the results become.

If you can develop deep focus ability then your ego and swing thoughts and any other interferences will not affect you during the swing.

REMEMBER THAT YOU DO NOT EQUAL YOUR SWINGS. IF YOU WORRY ABOUT WHAT PEOPLE WILL THINK IF YOU PLAY POORLY THEN YOU ARE NOT PLAYING GOLF. YOU ARE PLAYING A WHOLE DIFFERENT GAME CALLED; "WHAT WILL PEOPLE THINK OF ME?" AND THIS IS A VERY UNPLEASANT GAME. YOU ARE NOT YOUR GOLF GAME. YOU ARE NOT THE WAY YOU SWING A GOLF CLUB. IF YOU MAKE A BAD SWING THIS DOES NOT MAKE YOU A BAD PERSON. IF YOU HAVE A PATHETIC LITTLE WHIFF AT A BALL THIS DOES NOT MAKE YOU A PATHETIC LITTLE WHIFF. YOU ARE MUCH MORE THAN THE WAY YOU PLAY GOLF. BURY YOUR EGO.

The only reason people have 1st Tee nerves are because they become worried about the result and they don't want to screw up. Imagine this. You are first on the tee and you are worried about making *a right balls up* of the shot and embarrassing yourself. You go ahead and make a tension filled, nervous swing and you skull the ball 100 yards down the fairway. You skulk off embarrassed and dejected. You have just done everyone else on the tee a big favour and they love you. Why? Because you screwed up, you are just like them and even more important, if they screw up they won't be alone in their embarrassment. Remember that next time you're on the tee. If you hit a screamer down the middle you will get less sympathy, empathy and rapport than if you duff it.

The only reason you have loads of swing thoughts is because you are worried about the result. Again, once you learn to stay in the present and remove the ego, damaging swing thoughts on the course will disappear. The only time and place for mechanical swing thoughts is on the practice ground or in your visualisation routines when you are working on a specific technique change. They have absolutely no place on the course and must be eradicated from play if you are to achieve your best. Think about it. For one thing you cannot change your

swing on the course. Swing changes take a lot of repetitive work to groove a brain program strong enough that you can just swing away and the unconscious does the new move automatically. Swing thoughts can really screw your game up so having them on the course is asking for trouble. Swing thoughts come from the conscious mind which is notoriously poor at being able to control complex body moves. If you are sprinting away from danger, a very complex series of physical moves, do you want your unconscious to do it or would you rather take over and try to make everything work? Stop thinking that you can consciously control a complex physical move like a golf swing better than your unconscious.

Dig deep inside yourself and find what stops you from enjoying your game. Find what part of your ego needs adjusting to the realities of what golf is.

WHAT WOULD NEED TO HAPPEN FOR YOU TO BE ABLE TO TRULY ENJOY GOLF AND ALLOW YOURSELF TO RELAX AND PLAY YOUR BEST? THINK ABOUT THIS. GET A PEN AND PAPER AND WRITE SOME IDEAS DOWN. TAKE ACTION.

If you are already really enjoying your golf but want to achieve more from it without giving up the enjoyment, well done and read on.

Technique Number 2

BREATHE AND RELAX.

Deep breaths are the mind body connection to relax. Use this natural relaxation technique intentionally before each shot and especially before any shot you are feeling nervous about. Remember you can only be nervous if you are worried about the result so recognise that nervousness as a signal that you have more work to do to disconnect from results and focus on the present. In the meantime to counter the nerves and get yourself relaxed take at least three deep breaths while repeating the word “relax” internally.

Remember that nervous feelings are an indication that your system has perceived a threat or challenging situation and is tensing up in an effort to ready itself to counter the threat or meet the challenge. Uncontrolled tension is very bad for the golf swing so it is imperative that you recognise your unconscious mind is warning you of a perceived threat or challenge, assure yourself it's just a golf game, take at least three deep breaths and focus on the process of going through your pre-shot routine. Stay in the present, where ego and results are not present.

The reason most people suffer nerves on a shot is fear of humiliation. Again this is just your ego getting in the way but it is none the less a very powerful motivator to action as for some people the fear of humiliation is greater than the fear of death. Perceiving a situation where we will potentially humiliate ourselves brings serious anxiety. This is your system perceiving a threat, the threat of humiliation and it must be countered with both reason and real tactics.

I personally time my breathing this way. Breath in taking four counts. Hold the breath (gently) for four to five counts. Gently exhale to about six counts. Modify these times according to what feels most comfortable. Three to four breaths should be ample before most shots to help relax you but you may need more sets for situations which your unconscious is particularly threatened by. (You feel really nervous)

VISUALIZE -PLAY YOUR GAME AND TO YOUR STRENGTHS

More Phenomenal Techniques For Improving Performance

PHYSICAL TECHNIQUE TO INCREASE FOCUS AND “STAYING IN THE PRESENT” ABILITY

Pen Focus – Mind Focus

Take a pen or pencil (you can use just about anything but we will use a pen or pencil) and hold it up in front of you at a comfortable distance so you can stare at it without eye strain. Now do just that. Stare at the pen and keep your mind focussed on nothing but the tip of the pen. Your mind should feel “Blank” other than the pen or pencil being in your awareness. See how long you can remain with no thought but awareness of the object. If you are normal or average then you probably won’t get past a second or two without noticing something else. The TV, a dog or cat moving, a car passing in the street, a thought about something you have to do, or “this is weird starring at a pen.”

Practice as often as you can and you will start developing an ability to narrow your focus longer and longer. Remember you only need to develop a deep focus ability that lasts a few seconds and that is long enough to “switch off” while the swing is made. You need to be able to focus on the back of the golf ball intently and have not interfering thoughts pop into your mind.

MENTAL TECHNIQUE TO INCREASE FOCUS AND “STAYING IN THE PRESENT” ABILITY

Self Image Re-Programming

This powerful technique for re-programming your self-image will have dramatic effects on your ability to mentally enter the zone where you are completely in the present, focused only on the process of allowing the swing and shot to happen as you are fully absorbed in process with no concern for outcomes.

You are going to imagine the person you want to become. Imagine what it would be like to possess the mental skills, ability and toughness you need for this skill.

Remember not to hold back when imagining just how good you can become at this skill. The more "wow" factor you give yourself, the more your unconscious mind will desire it and start to move you toward believing it is achievable and making it happen. In just a few weeks time you will be amazed at how different you are able to focus and stay in the present.

Think about your favourite golfer who has this ability to focus, go into the zone and play a shot with full confidence without worrying about the outcome. How do they stand, behave and move? What is the expression in their eyes when they are completely dialled in to the present and letting the shot flow with full confidence?

As you practice more you will learn all the steps unconsciously so you will not have to refer to this sheet. You can also get someone to read the steps to you while you close your eyes and enjoy the experience. Agree to give the reader a signal, perhaps a nod of your head, when you are ready to move from one step to the next. Take your time and really enjoy each step.

Remember: You cannot do enough of this! The more often you do this, the quicker it works.

Step 1 Get yourself relaxed by taking some deeper breaths and let your thinking move around your body, relaxing muscles as it does. Find one particular area that feels the most relaxed and move that softness around until you feel nicely relaxed. Take as long as necessary to get really relaxed.

Step 2 Now go internal, into your mind and visualize or imagine another you standing in front of you. This other you must be fantastic at the skill you want. Give them all the qualities you would love to have. For example confident, relaxed, fully focussed in the present, no thoughts of outcomes or results. Completely in the zone of confidence and trust. Really go for it and imagine the most phenomenal "you" that you can. If you could be the absolute best at this skill, how would you be? Give this other you all of those qualities now...

Step 3 Now take some time to watch this new mentally powerful you. How do they stand and carry themselves, move around, talk? Notice every detail of their behaviour which shows how deeply focussed they are, right in the mental slot that you desire. Look into their eyes and see the control, focus. Imagine the laser concentrated thinking that is going on in their mind.

Step 4 Now, move toward this fantastic you. Get closer and closer and then merge with them. See through their eyes and experience what it feels like to have the mental abilities you want. Enjoy the feelings of concentration, focus and mental toughness. Notice how confident and yet relaxed your body feels.

Step 5 Now imagine yourself playing all sorts of different shots from around the course faced with different situations, and doing them all with this new mental focus and toughness. Imagine some of the situations where your nerves or ego, fear of humiliation, anger, used to get the better of you. Now imagine yourself in these situations again, handling them perfectly. You remain calm, relaxed, focussed and mentally tough in any situation and you go into the zone for every shot.

Repeat this exercise daily until you achieve the results you want on the course. You may then be able to lessen the frequency to a few times a week but beware of back sliding. After a while you will find you can do this without guidance whenever you have a few spare minutes.

You can use variations of this to reprogram any mental attribute you want in any walk of life and remember -

Whatever a persons mind can imagine and then believe, they will manifest and achieve.

Remember that if you continue to vividly imagine being the person you want to be, your unconscious will eventually believe and accept what you keep "telling" it to become. At this point you will find that you are naturally behaving the way you want. If you continually imagine yourself behaving confidently in a certain situation, one day you will be delighted to realise that it is working and your confidence is indeed growing in that situation. Keep going, it's working, do more and more and more...

The right Individual Formula, Repetition and Determination are the key skills in learning.



"When you get the mental game right, things become much, much easier. It's exhilarating and the way we should all play golf, having serious fun and shooting really good scores!"



Say Goodbye To All of These Score Crippling Mental Problems:

- X** First Tee Jitters
- X** Uncontrolled Anger
- X** Choking Under Pressure
- X** Inability to Focus
- X** Performance Anxiety

And Say Hello to The Lowest Scores You Are Capable Of Shooting:

- ✓** Zen-Like Inner Calm
- ✓** Rock Solid Confidence on Every Shot
- ✓** Complete Commitment, Clarity and Focus Under *Any* Kind Of Pressure
- ✓** The Key To Hitting The Best Shots You've Ever Hit - Consistently
- ✓** You Will Shoot The Lowest Scores of Your Life – Guaranteed

Aren't you sick and tired of not playing up to the standards you *know* you are capable of?!

Would You Like To Solve It Today, Shoot Your Lowest Scores, Guaranteed?

Discover The Program Which Really Delivers
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