

## The goal of the mind is to learn how to *not* use it!

While this may sound absurd coming from a mental game coach it most certainly is accurate. Most players suffer from over thinking. Their conscious mind is full of swing keys, technique, posture, alignment, grip, breath...etc.,etc..

It's difficult to play well this way, isn't it? In fact it is fair to say that our conscious mind, when untrained and misguided, is the cause of the majority of our poor play.

What we want to do is "pre-program" our mind so that we don't have to be conscious minded as we play. We want our subconscious to run things and simply go out and play the game. How do we achieve this dream of all golfers, this zen mind so to speak?

We rehearse via mental imagery exercises. Then we do what's called anchoring. We anchor our most desired state of mind so it becomes available naturally while we play. This process is the underlying key in EVERY mental game program and peak performance training system in the world.

The state we are in while we play virtually determines how we'll play. If you're frustrated this state produces specific chemical responses within you and provides your mind and body with clear instructions on what to do next. *Attract more frustration!*

The same goes with any state at any time. So let's learn how to make sure we design peak performance states into our games...

## See, Hear and Feel Success

**See** - Imagine yourself walking and playing effortlessly. See the scenery around you as you play this way, in this relaxed, easy manner.

**Hear** - Listen to the sounds that occur in and around you. What are you saying to yourself within when you are playing your very best? What sounds are happening around you on the course? Really get into this and magnify these sensations.

**Feel** - what are you feeling? Not only simple terms like "I feel great", I want you to notice specifics. Where in your body do you feel these feelings? For example, when I am playing well I have a light feeling all around and through me and my physical movements are steady. As well, I get a tingly feeling in my chest.

This is what I want you to notice. Everything possible about how you feel emotionally and where these feelings locate in your body.

Now you have sights, sounds and feelings. These are the building blocks of your states. In this case you will have specific pictures, sounds and feelings that represent what "playing great" is *to you*.

Now all you need is to anchor them. To anchor is to provide a trigger, or key that allows you to access this state whenever you choose.

While others continue to crowd their minds with dozens of thoughts while standing over the ball you will calmly complete your preshot routine, move naturally into your performance state, and make better swings on the golf course than you do at the range.

Remember, the mind does not know the difference between a real and an imagined event so when you rehearse with sensory rich mental imagery your subconscious is soaking it up as if you are

actually experiencing it. So the more you rehearse the more your inner self image of being a great golfer is enhanced.

Wade Pearsre

<http://wholemindgolf.com>

*Stop Playing "Half-Brained" Golf*