

Visual-eyes your way to lower scores

We've all heard the saying "it's all in your mind". Well, not quite. It's actually all in your *mind's* eye.

The way you use your mind's eye is a fundamental key to playing good golf. Yet when I speak of visualizing it is far different from most peoples' interpretation. Visualization is not just a "visual" process as the word might suggest. In fact this misunderstanding causes many people to get poor results from any visualization exercises they do.

Using your mind effectively in your golf game revolves around one word: **distinctions**. Understanding what visualization truly means is a critical distinction.

So what is it really? It is the process of **feeling** with your mind's eye. You want to open your emotional body as much as possible AND use your visual sense.

By feeling *and* seeing you move deeply into the experience and provide your unconscious with sensory rich images. These images become the basis for your future golf game and experiences! While some people pick up on this process right away, many of us require a bit of time to adjust our inner senses. When you do your results will explode! I assure you. The top athletes in the world employ this strategy and are living proof of how powerful a well honed visualization program truly is.

At first our images might seem fuzzy or no clearer than this picture here! But this is very temporary. How can you improve your mental skills a bit faster? I'm glad you asked...

Do this Exerc-eyes...

Let's do an exercise. You can do this later of course but for now follow along to gain an understanding of the process.

- 1) Close your eyes and get completely relaxed while lying down or sitting in a comfortable chair.
- 2) Follow this breathing pattern:
Inhale 4 counts **Hold** 5 counts **Exhale** 6 counts
Repeat this 3 times
- 3) Place your attention just above and between your eyes and recall a time when you played exceptionally well and fill your mind's eye with every detail you can recall
- 4) *Feel* how you played and how your body felt during this time when you played so well.
- 5) Now imagine you are standing on the tee...with these feelings and sensations. Step to the ball and make a swing from this state of being.

This is a great exercise for opening your mind and emotional body and preparing it for some really great mental imagery exercises that allow you to tap your inner power. The ability to *feel* what you are seeing in your mind's eye will accelerate your results 10 fold over basic visualizations that many people do.

In his book "In Pursuit of Excellence", sports psychologist Terry Orlick stressed the importance of visualization saying, "Athletes who make the fastest progress and those who ultimately become their best make extensive use of performance imagery."

Look what can happen using this process

Former Olympic springboard diving champion Sylvie Bernier would **mentally practice her dives** (all ten of them!) each night before going to sleep. "As I continued to work at it, I got to the point where I could feel myself on the board doing a perfect dive and hear the crowd yelling at the Olympics," she said. I worked at it so much, I got to the point that I could do all my dives easily."

Mary Lou Retton, in the 1984 Olympics, stood motionless staring at the runway toward the vault. She needed a perfect 10 to win gold. Can you imagine that? Needing a 10! **She visualized every single nuance** of the jump before she took a single step. Until she had successfully "nailed a 10" in her mind's eye she never made a move.

And what did she do? She nailed it! A perfect **10 out 10 to win the gold!** Pretty impressive.

You can develop the very same mental game skills and literally transform your golf game by applying your mind properly. Yet we need to learn the right methods that provide us the most potent means of reaching our goals. Developing your inner game requires you have what I mentioned earlier: **distinctions**.

If you don't have them you could be wasting your time or at least not getting the most out of yourself. If you *do* have them then you put yourself on the fast track to mental game mastery and of shooting lower scores.

Wade Pearse

<http://wholmindgolf.com>

Stop Playing "Half-Brained" Golf