

Mental Fitness Training For Golfers

Jack Nicklaus said: “Golf is 90% mental.”

How is your mental game?

**Your high-tech driver, will get you down the fairway,
but you score with your mind.**

Playing up to your highest potential involves more than swinging the golf club.

What if you owned a miraculous and sophisticated device that was capable of achieving amazing things. But, the computer that operated this wonderful creation was programmed so it performed only a small percent of it's capabilities.

Would you be satisfied? If you could reprogram the operating computer to do more wouldn't you?

Know what? You do own such a machine. It's your body and the computer that operates it is your mind—your subconscious mind.

If you are not achieving your goals, we can help you by reprogramming your subconscious for success. And it's easy.

Since your beginning your subconscious, your operating computer, has been programmed and re-programmed by everything you have experienced and how you perceived these events.

We cannot change the things that happened in your life, but through hypnosis we can change your perception or interpretation of them. By making these changes we convert negative mental programming to positive programming for your highest success in golf and all other areas of your life.

Who Can Benefit?

Everyone can achieve more and be a better golfer than they think they can. Anyone who is old enough to swing a club, who can understand the English language, will improve through this training, regardless of their skill level.

How We Do It?

A barrier known as the "Critical Area of Mind" guards your subconscious mind. This barrier acts as a censor. Research tells us this "Critical Area of Mind" is less resistant to negative influences than it is to positive input. The bad stuff is more likely to get through and become negative programming. More often than not positive stimuli is rejected as being *"too good to be true"*.

To gain access to your subconscious mind and make positive changes we use hypnosis. With hypnosis we are able to get around this “guard at the gate”.

Years of research and development have taught us the fastest and most effective way of spanning this barrier.

After we gain access to your subconscious we give you suggestions that convert your negative programming to positive for your peak performance.

The Zone

Maximum performance happens when everything comes together at the right moment. In golf,

it is called being **"in the zone"**.

The zone is the essence and pinnacle of the athletic experience. All athletes know it, strive for it, prize its attainment. It is that realm of play in which everything-skill, training and mental discipline-comes together, and players feel themselves lifted to a level of peak performance in which limits seem not exist.

In this state, a golfer experiences a heightened sense of awareness with total control of all aspects of the game. In the Zone there is sense of well-being, which includes total calm, ease and effortlessness in swinging with an enhanced sense of total confidence, intuition and concentration. Often there is an increase in physical driving power.

Mental Imagery

In sports it is called visualization or mental rehearsal and it is perhaps the most powerful technique that we teach.

There was a book printed several years ago about a World War II soldier who was a prisoner of war, held by the Japanese.

He had been a golfer before the war, and as something to keep his mind occupied, he spent much of his time visualizing himself playing golf.

When the war ended, he returned home to find that his golf skills had improved, yet at no time did he have clubs, or anything close to a course to play on. Mental rehearsal was his only tool, and yet his golf game had improved substantially.

When Roger Bannister was a medical student at Cambridge, there were several scientific papers written supposedly proving that it was physically impossible to run a sub-four minute mile. But, Roger believed it could be done and practiced doing just that by "seeing" himself running around the track breaking the record.

After practicing in his mind hundreds of times, he was able to accomplish this feat. Since then many people have broken the 4-minute mile by using the same mental practice techniques. With our training far less mental practice will be required for you to achieve your goals.

Is your belief in what you can accomplish as strong as Roger Bannister's, or do you limit yourself with fears and excuses? Human beings have virtually unlimited potential, but few can even imagine such a thing.

In his great self-help book, *Think And Grow Rich*, Napoleon Hill wrote: ***"Whatever the mind of man and conceive and believe it can achieve."***

While in hypnosis you will develop the ability to produce an imaginary movie of yourself performing at your ultimate peak performance.

You will learn to use your imagination to "see" yourself in this movie, swinging the golf club with a smooth, easy, effortless and powerful swing. You will learn to imagine yourself confident, in control, and playing like a champion. You will imagine your short game as being perfect. Over and over in your mind's eye you will see yourself accomplishing your goals, see yourself accepting the accolades of people around you and enjoy the feelings of success.

You will also learn to use visualization when you play. You will be trained to visualize and believe each shot as being perfect before you move the club.

Fear Is The Golfer's Biggest Enemy

So What Is Your Biggest Fear?

For most Americans it is a fear of public speaking. For Annika Sorenstam this was an all-consuming fear. When she was a teen-ager she was so afraid of speaking to the media, she would purposefully miss shots on the last holes so she wouldn't be interviewed as the winner.

For golfers, a common fear is the "first tee jitters", a fear of missing the first shot in the game. Without realizing it do you hypnotize yourself into the fear by imagining what it would be like to fail?

Public speaking and hitting the golf ball on the first tee in front of people are examples of performance anxiety. The feeling of anxiety is a fear of the future, of what might happen.

Anxious feelings lead to nervousness and an inability to concentrate and focus. With anxious thoughts, it is impossible to have the relaxed muscles that are necessary to swing a golf club successfully. **As powerful as these fears are they easily overcome with this training.**

To accomplish your dreams you must let go of the illusion of fear and replace it positive, empowering visions of your greatness. For most people this is a lot easier said than done.

We realize this, so the mental fitness training program that we have created for golfers teaches the following:

1. We teach you to let go of mental interference. As one of our students you will learn to automatically relax physically and mentally and to slow down the electrical energy in your brain, which is generating conscious interfering thoughts of judgment, analysis, criticism, rationalization. Through our hypnosis sessions you will turn your thoughts into mental clarity, focus, and concentration.
2. We teach you to use positive self-talk. Our training helps you to totally eliminate negative self-talk, which effect your thoughts and creates your reality. Your thoughts direct your physical body to produce the golf shots. Your golf shots are always consistent with your thoughts. Through hypnosis you will only think about the good shots that you want.
3. We also teach you to:
 - set goals and targets
 - have the essential positive attitude
 - totally trust your ability (which is far greater than you think)
 - anchor your good shots with good feelings for future reference
 - totally focus on the task at hand

This is a Hypnosis Based Program So What Is Hypnosis?

Throughout the last hundred years or so, there have been as many definitions of hypnosis as there have been "experts" on the subject. However, due primarily to advances in technology and qualitative research over the last 30 years, hypnosis may be defined, for our purposes here as "a natural state of mind in which specific psycho physiological phenomena can occur".

Hypnosis is a highly misunderstood practice. When you ask most people what they think hypnosis is, their answer strongly resembles the images seen in a late-night horror movie or a Las Vegas stage act. They have a vision of Bela Lugosi's eyes staring intently, forcing a person to do things against their will. Or they have the misconception that a hypnotist will put them in a sleeplike trance where they have no control and no memory of it later.

When you hear the term "**hypnosis**" you might think of the traditional form of Hypnosis where the powerful, authoritative hypnosis implants suggestions in his subject, such as, "you are

getting sleeepy. Your eyelids are growing heavier and heavier. You will quit smoking," and so on.

Hypnosis is an altered state of consciousness, but it is a very natural occurrence. Everyone passes through this altered stated at lest twice each day, as they go to sleep and again as they wake up. It's that feeling that you mind is awake, but your body is asleep. You may have that dreamy feeling that you are drifting in and out of sleep.

Hypnosis is a very safe state.

A hypnotherapist can not make you do anything you don't really want to do, especially anything that is against your moral or ethical principles. Even when deeply hypnotized, any individual will refuse to do anything that is against his/her religious or moral beliefs or anything of a harmful nature. There is a protective mechanism located deep in the sub-conscious mind that will always reject any such suggestions. You will never do or say anything of an embarrassing nature.

For instance: *You won't give up the family secrets.*

Yet, when you are in this altered state your subconscious mind, your operating computer, is open, receptive and responsive to the positive suggestions and directions given to you by the hypnotherapists.

Almost Anyone Can Be Hypnotized

Some people say, "Oh, I can't be hypnotized!" But without realizing it, they experience several different forms of hypnosis on a daily basis. In fact we all experience hypnotic phenomena many times daily, such as the inward focus caused by simply closing our eyes, even briefly, or listening to relaxing music; the pleasant sensations and images we have when going to and waking from sleep, or when daydreaming:

Only the depth of trance varies from one mood or activity to another. It's a natural phenomenon and your mind already knows how to do it.

While anyone, who is not suffering from schizophrenia can be hypnotized to an effective degree, not everyone can be hypnotized by the same method. There is no such thing as a good subject or a bad subject because everyone has a natural response to hypnosis. However, some people may need a little more work than others to enter a state of trance.

To determine the proper approach for us to take before the first session we have each client fill out an application that contains a number of questions. When answered by the prospective client these questions will tell us how to work with that client in the most efficient, effective manner. Due to the wide differences in people we do not do group hypnosis sessions.

What is Included In This Program?

The *Basic Mental Fitness Training Program For Golfers* consists of four one-to-one hypnosis sessions, spaced about two weeks apart. The first session, which includes the orientation, takes about 2 hours. All other sessions require about an hour each.

We record each of your hypnosis sessions and you get the only copy of those recordings to listen to every day. All recordings are available on audiocassette tape or CD.

Each student also receives a copy of our training manual, which contains a complete set of instructions and is a valuable training aid.

How Much Does The Program Cost?

The cost for the complete program is \$295*.

We accept cash, checks, money orders, Visa and MasterCard.

* All prices are subject to change without notice.

Where does this training take place?

Our office is located in Murray County, Oklahoma. The address is 5890 Shangri-La Road, Sulphur, OK 73086. This is where we see clients on a daily basis. However we work by appointment only.

We also have a mobile hypnosis clinic set up in a motorhome. Therefore, if there is a group of 5 people or more who wish to take this training on the same day, weekend, etc. we can go to your location. In such cases a transportation charge might apply.

Often we can save time by conducting the orientation and question and answer session as a group. However, the hypnosis sessions are always done on an individual basis.

To Get Started call (580) 622-2499

or e-mail us at mentalcoach@hotmail.com and request an application. We can send the application to you by mail, fax or e-mail. When you receive the application fill it out completely and then contact us again to set up your first appointment.

**Join the hundreds of others who have benefited from
this training.**

**Call right now and become the
greatest golfer that you can be.**

405-397-6690