

THE GOLF WHISPERER

INNER GAME COACHING

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SECTION II

USING YOUR MIND AS IT IS DESIGNED



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7 Time to Imagine

There are three steps to follow for you to accelerate your integration of every technique in this book.

1. Intense desire – you want to generate in yourself a complete desire to be a better player. Whatever this means to you. Find this place in yourself and merge with this desire to experience exactly what you want in the game. Be careful though, because what you imagine with intense desire will come to be ... you know the old saying, be careful what you wish for it just might come true.
2. Physical immobility – a complete stillness and an almost physical numbness is the best state for inducing the most receptive state for creating what you want. This is why these exercises are done while lying in bed before sleep. It's the perfect time.
3. Living in the wish fulfilled – you must act as if you are already experiencing what it is you want to experience in your game. Live inside the state of already being able to perform the way you want.

A burning desire is the fuel in your motivation. You have to truly want to improve your game. It can't be like a damp cloth. Make it a blazing inferno. Build this desire into all of your inner game practice sessions.

When the “want to” is strong enough the “how to” takes care of itself...

Physical immobility is an interesting addition to your practice. It gives a deep sense of stillness and ease within. What you want to do here is really move into your body with your mind and learn that you can directly create relaxation by focusing your mind.

Here's how to create this feeling:

Move your attention throughout your body one area at a time. Follow this process:

- Start in your toes and feel them becoming loose and relaxed
- Move up the legs, slowly, and focus on them getting heavy
- Continue through your body, don't rush this or it becomes pointless. Finish at the top of your head

Note: it is not necessary to do this every time you do mental imagery exercises. Yet I would highly recommend you do. The reason is simple. You are building mental toughness in an effortless way. By moving your attention throughout your body in this way your mind and body are becoming attuned to each other in a very powerful way.

Your mind gains the skill of focus in action AND your body experiences the benefits in the form of deep relaxation. Just imagine if you find yourself in a match/tournament and for some reason you become rattled and feel like you're going to vibrate out of your shoes from nerves.

Your mind has become so highly attuned and your body so responsive that all you need to do is guide your attention toward deep relaxation and/or other resources you want to experience. Voila, instant state change.

To live in the wish fulfilled is the golden key that is the highest level of imagining. Without question this goes to the heart of my entire peak performance coaching program. Once you have a burning desire and you know how to create in yourself a sense of immobility and deep relaxation, you now apply the fuel to the fire.

Living in the wish fulfilled is the same as acting as if, which kids do. (We'll get further into this later in the book.) You want to completely immerse your senses into your desired state. Can you remember a time when you were a kid and it was Christmas eve or the night before a big birthday party? How did you feel?

Excited as heck right?! You were filled with a wonderful feeling of anticipation. You couldn't wait for morning to roll around! In your mind you were already opening the presents and celebrating. You saw yourself opening the gifts and smiling and sharing your joy with your family.

This is the same as when you are about to go on a long awaited holiday. You chose the holiday by looking at books and flyers and talking with an agent perhaps. All the while imagining what it will be like. Then the day arrives and you hop on the plane as it takes flight toward your dream.

When you first step off the plane, especially if it is to a place exotic or where you have never been before, you get a great feeling of exhilaration.

This is living in the wish fulfilled: the sense of anticipation that each and every one of us has at times in our life. In my opinion we don't have enough of them. But that's a topic for a different book...

To summarize your outcome for this section:

1. Have an intense desire for playing at your best
2. Become deeply relaxed to the point of immobility
3. Step into the feeling of having already experienced what you want

Now let's apply these steps in your next exercise:

- Lie in bed and get relaxed by applying the 4-5-6 breathing process
- Fill yourself with the desire for change or a compelling goal
- Find a feeling of a time on the course where you were playing great and hitting phenomenal shots

What you're doing is consciously designing highly refined and sensory rich images that your unconscious will file as a real event. The more you repeat this process the more your self image as a golfer is altered and improved. You are forming a hardwired pathway between your conscious and unconscious which builds another step across the bridge to your potential.

As you move into more advanced applications of the mental game you will preview a variety of golfing situations in your mind's eye. Deeply associating into the feelings of actually being on the

course. You will do this with your swing as well. This is perfect for installing specific desires into your unconscious and for creating new self images. Using this technique before sleep actually triples the speed of the changes you will make. Stay committed to these simple yet powerful processes. You're forming the critical foundation for the more involved exercises to come.

