

THE GOLF WHISPERER

INNER GAME COACHING

BY WADE PEARSE

SECTION IV

THE END OF NERVES, ANXIETY & SLUMPS



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21 Visualization Techniques

Pick the shot you want to hit, and then paint a picture of it in the sky before you make your swing.

Sam Snead.

Your mental game is taking shape now so it's time to stimulate your mind's eye a bit further. I want you to do these right away and use them in your next round. Each of these techniques can be used in various ways. I'll give examples of where and how to use them. Yet feel free to use your imagination. Create your own.

The mind enjoys having a specific task. It likes to be occupied, have you noticed? If you don't provide your mind with clear instructions and images it will make some up. And most of the time it won't be what you really want.

A directed and focused mind is a very powerful thing. We must be ever vigilant in the monitoring of our mind. If left untended it will run amuck and derail our best intentions. Now that you are installing powerful new images into your mind and using repetition as your ally your mind is becoming much more responsive to your commands.

The road to mastery requires that we maintain our position of mastery over our mind and not let it run us. As I've said before, the mind is a great servant but a poor master.

This can be achieved by continually doing the exercises in this book. The following visualization tips for use while you play will assist as well.

Always visualize before each shot. You want to see the flight of the ball and how it reacts when it lands. Your unconscious has an uncanny ability to perceive possible scenarios in advance of them happening. Consider this a quantum principle. Trusting this process confirms you are beginning to make a habit out of entering stage IV.

Driving the ball

Stand behind the ball and clearly see it launch off the tee on your desired trajectory and carry and roll as far as you are willing to accept. Stretch yourself in your mind of what is possible. Remember, think big, you're thinking anyways!

Get planted. Get an image of your feet feeling glued to the ground. Or of having 6 inch spikes in your shoes. It gives you the sense nothing can cause you to lose balance. It creates a feeling of power for driving the ball a mile.

Make swings with a kitchen broom. Allow the broom to turn sideways though the hitting zone for added resistance. This is an excellent exercise. As you do this pay attention to the feeling in your

