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Improve Your Golf Game
Easily & Quickly
With Mental Coaching

CHANGE FROM FEAR TO LOVE, by Joan A. King, C.Ht., PNLP

On September 11, 2001 our lives and our world changed. We stopped living our lives and watched the U.S. tragedy unfold before our eyes on television. We were in shock and stopped playing golf. Our golf courses were quiet. We stopped enjoying life as we knew it. We became enmeshed in deep emotions.

Instead of playing golf to feel good about our efforts and ourselves, our attention was centered on fear, sadness, anger and then patriotism and love of country. The time ahead of us is being called the Age of Courage and the New Age of Responsibility. Our new responsibility is to take care of our Earth as a whole and all of her people. Our nation as we knew it has died and we are beginning to be reborn in a new light. I believe we now have a deeper appreciation of life and of each other.

While we are now combined in a national spirit of patriotism, it is now also time to find our own spiritual home. We need to work for perfection through Universal love and understanding. It is a time of shifting awareness. (Archived newsletter, December 2000; Spiritual Golf")

Golf is a game that brings out both the best and the worst aspects of a person's character. It rewards patience, confidence, trust, and honest self-analysis. It penalizes anger and self-deception. It is a game where you are the competition. The course just waits quietly for you to decide which of your attributes you are going to use to challenge it.

***"Be more concerned with your character than with your reputation.
Your character is what you really are, while your reputation is merely
what others think you are."*** - John Wooden

Fall began on September 22nd which is the traditional time for harvesting the seeds planted in the spring and summer. But anytime is an appropriate time to sow new seeds of hope, faith, purpose, spirit, and confidence in ourselves. *We reap what we sow.* It is time to plant a new crop now. The quicker you plant, the quicker will be your harvest. If you sow seeds of fear, discord, or unworthiness, your life and your golf game will be a struggle. You will sabotage your harvest and find yourself separate from everyone and everything you want.

The act of terrorism has transmuted the energy in our great country. Over and over we have heard stories of love being expressed by the families of those who died instead of anger about their loss. Anger is a very human emotion, only surpassed by the emotion of fear. And it is the same on the golf course. When you are angry at yourself for the way you are playing, it is the fear that has welled up. To move your mind-body-spirit golf game to a higher level requires a paradigm shift from fear to love. Remember why you love the game.... Remember why you love your country. Remember why you play this wonderful game.... Why you choose to live in this wonderful country. Remember what you enjoy about the game of golf. And remember what you enjoy about having the freedom to do or say whatever you want in this country.

Love what you do more than you love the result.

"The moment you have in your heart this extraordinary thing called love and feel the depth, the delight, the ecstasy of it, you will discover that for you the world is transformed." ---J. Krishnamurti

We had taken our freedom for granted and expected it would always be there. In the same way, don't take yourself and the positive things you accomplish on the golf course for granted. Relish each good shot as it comes along. Congratulate yourself and feel the joy of hitting every good golf shot. Acknowledge the effort you have put into your game, and the results of those efforts. You cannot step into the same water twice because the water is flowing. You can't play the same golf game twice. It is important to acknowledge your success and enjoy it fully as you are creating it. Success breeds more success.

"Your life is a journey to learn about yourself." Gary Zukov

"Try not to become a person of success, but rather a person of value." ---Albert Einstein

Entrain Your Heart & Brain for Peak Performance!

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"Your "Progressive Relaxation of the Mind and Body" tape has been wonderful!! My arms, body and mind are relaxed during my golf game and I am getting more distance." ---Bev Worcester

"My golf game has improved tremendously and I now consistently shoot in the 70's. Thank you for the wonderful tapes." ----Jason Truttman

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If you have a question or need help with your mental game, email Joan at Positive Mental Imagery, info@mastermindgolf.com Also, please share with us how this website information has helped you improve your performance.