



*Newsletter June 2006
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*Improve Your Golf Game
Easily & Quickly*



Play “In the Zone” with Joan

WINNING PERFORMANCES

This week I will be adding two new CDs to the PMI website. Each of the CDs has been produced as a result of requests from golfers and tennis players in PMI workshops. They are; *“Confidence to Win Golf Tournaments”* and *“Winning Tennis.”* Golfers and tennis players have used these CDs successfully to produce the winning results they wanted.

The PMI workshops and individual consultations are geared for golfers’ understanding of the mind-body-spirit connection so they can reach their peak performances easily and quickly with the use of proven mental skills. Listening to a CD repeatedly takes the athlete to the next level of achievement by using the language of the senses, the language of the subconscious mind to move into the Zone State for peak performances. Two rapid change modalities, hypnosis and Neuro-Linguistic Programming are used on the CDs to facilitate the desired beliefs and performances.

Hypnosis

Hypnosis has been around since 350 A.D. In Egypt, people were put into sleep chambers for several days and given messages while they slept. In 1841, prior to the discovery of anesthesia, Dr. James Braid, a Scottish physician and surgeon, coined the word "hypnosis" from the Greek "hypnos," which means "sleep." He developed the technique to relax and focus his patients on a single positive thought or image, which distracted them from the pain of surgery.

Hypnosis is a natural state of life. You have been in trance several times today. You just may not have called it hypnosis. Anytime you move from an outward perception to an inner awareness, you enter an altered state of awareness/trance.

Some of the natural states of trance we encounter are: highway trance, electronic trance (TV, computer, video games), movie trance, reading trance, eating trance, a boring meeting or conversation, doing two things at the same time, watching the sunset or ocean, daydreaming, boredom or looking at a holographic picture. Anytime you go into your own world and imagination, you are going into hypnosis.

You practice hypnotism every day with the things you say to yourself and others. You hypnotize yourself with repetitive actions and thoughts. This is called auto-suggestion.

The use of hypnosis in sports is not new, although Tiger Woods gave it recent credibility when he used it to win three consecutive junior USGA amateur titles. His mental coach, Dr. Jay Brunza, began hypnotizing him at age 13 to block out distractions and focus completely on the golf course.

Hypnotic suggestion can help you communicate with your subconscious mind and program new ideas in your golf game for success. These new ideas must include positive self-talk, belief in your potential, having a reachable goal, and visualization of superior performance in accomplishing your goal.

Hypnosis is a skill, like reading or writing that anyone can easily learn. Hypnosis techniques put you in charge of your natural ability to enter trance. In hypnosis, contrary to popular belief, you are not asleep. Your mind is actually in a heightened state of awareness while the physical body is relaxed. In this state, the conscious mind is bypassed and positive suggestions are given directly to the subconscious mind. By this process, a new habit of mental programming is established and can be accessed without interference from the conscious mind, which analyzes, criticizes, judges, and rationalizes.

Your subconscious mind is like a computer. It processes all information literally. It has to operate on this programming.

NLP (Neuro-Linguistic Programming)

Neuro means the nervous system (the mind). Our experience is processed through our five senses, visual, auditory, kinesthetic, olfactory, gustatory.

Linguistic means language, and other nonverbal ways to communicate which include; pictures (visual), sounds (auditory, tonal), feelings (kinesthetic), tastes (gustatory), smells (olfactory) and words (self-talk).

Programming is the ability to discover and utilize these ways of communicating in our neurological systems to automatically achieve what we desire.

Simply put, NLP is how we use the language of the mind to consistently achieve our desired outcomes.

NLP is a methodology that was created in the 1970's by Richard Bandler and John Grinder. They discovered that outstanding achievers use their minds differently than most people and that those techniques could be used to acquire any personal achievement.

Roger Bannister was a young medical student at Cambridge when he made headlines around the world for breaking the four-minute mile. At the time, there were many articles written about how it was impossible for a human being to run a mile in under four minutes. The world record of 4:01.3 had stood for nine years. Roger Bannister had a different belief. On May 6, 1954, he set a new world record, running the mile in 3:59.4 while fighting a 15 mile-per-hour crosswind. Since that time over 60 runners have broken the four-minute mile.

Unlike Bannister, golfers struggle with negative thoughts (PMI Archived Newsletter May 2000) and limiting beliefs (PMI archived Newsletter April 2000) and don't know how to create changes to accomplish their goals and obtain their true desires. One of the sub-modalities of NLP is to model the strategies used by peak performers. Reframing/changing the way you view your game and yourself will give you inner balance and a new model to operate in.

Listening to the PMI "*Confidence to Win Golf Tournaments*" CD repeatedly will instill the missing beliefs into your mind. To develop a mentality to win, you must believe that you deserve to win. The first part of the CD will guide you into an alternate state of awareness known as hypnosis to allow the imagery to work for you. Then you will be given suggestions to develop your own model of being a champion. This is followed by affirmations to reinforce these suggestions.

An affirmation is a concise positive statement that you consciously choose to put into your belief system to produce a desired result. The affirmations on this CD will develop your confidence to win tournaments. When you say the affirmation

repeatedly to yourself with emotion, it becomes anchored in your subconscious mind and produces the desired belief change.

The purpose for using “*Confidence to Win Golf Tournaments*” affirmations is to bring you to accept as true that you are a winner and that you deserve to win. The subconscious mind then directs the physical body to make that happen. A wise man once said, “What you can conceive and believe, you can achieve.”

Have you been thinking about what you want or what you don’t want? Listen to the self-hypnosis CDs and reprogram your mind in the comfort of your home to achieve the success that you desire and deserve. Become a winner today by ordering “*Confidence to Win Golf Tournaments*” at www.pmi4.com/cart

***"No pessimist ever discovered the secrets of the stars,
or sailed to an uncharted land,
or opened a new heaven to the human spirit."***

■ Helen Keller

Entrain Your Heart & Brain for Peak Performance

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Improve your golf game NOW by listening to PMI self-hypnosis CDs & tapes in the privacy of your home. Order today at www.pmi4.com/cart

One on One: Call 828-696-2547 or contact [Joan](#) today to ask about personal coaching in person or by phone. Learn what is missing in your game to achieve your peak performances.

If this monthly mental instruction newsletter has been helpful to you, please forward it to your friends so they can have more fun playing the game of golf while lowering their scores. Download previous PMI newsletter issues by logging on to the Archived Newsletter Page at www.mastermindgolf.com

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