



TEST YOUR BALLS
Does your ball flight follow your mind?

Shanks and Bogies

Can ADD, OCD, or HIQ (high IQ) ruin your game? How to regain control of your mind and get control of your ball flight!

Sport Psychology reveals that the body will not accomplish what the mind believes to be impossible. We know that poor concentration and lack of focus will impair learning and performance. The path of a golf ball is also dramatically affected by the state of your mind. In addition, the degree of self-awareness or consciousness will determine your ability to maintain focus and avoid breakdown—mental and physical. Esoteric teachings show us that energy follows thought. Learn to master your mind and you will control the flow of energy and raise your performance to new heights.

The researchers have concluded:

1. The average handicap of amateur golfers has not improved over the last 50 years even though breakthroughs in equipment have been enormous..
2. MRI research shows that scratch golfers do think much, if at all, about their swing. Poorer golfers are thinking too much.
3. Focus and brain wave balance are essential for peak performance when arousal states get high. You don't have to be relaxed to perform well.
4. There are eight measurable traits that identify champion golfers.
5. Meditation and yogic breathing may be the best way to quiet the mind and open the door to the zone.
6. Unresolved emotional issues will undermine your ability to perform at your best.
7. Emotional Intelligence can determine success or failure.

Good solid mechanics are essential to win and develop a depth of self-confidence. However, good mechanics without a strong mental game will not stand up in the heat of competition.

When an individual is able to access their deeper self, a sense of clarity, purpose and focus is revealed. Extraordinary performance results from deeper resources, not the mind.

Tips for Accessing the Deeper Self

- 1) Resolve all emotional conflicts and unresolved issues about your worth and value.
- 2) Learn to be an observer of your thoughts and the contents of your mind.
- 3) Live in the moment.
- 4) Release all expectations.
- 5) Love, Serve, Surrender.
- 6) Develop your skill level so you do not have to think about performing.
- 7) Learn techniques for the transmutation of consciousness.

SAMPLE INTERVIEW QUESTIONS for Dr. Ron Mann

- 1) Debra Graham, Ph.D. developed the 8 Traits of Champions for professional golfers. What are they and how did she find them?
- 2) What neurological research invested mental activity and golf performance?
- 3) Why is meditation the technique of choice to quiet the mind? How does it work?
- 4) Is it bad to get emotionally upset on the course?
- 5) How can yoga help someone to play better golf?
- 6) How does breathing help to create focus and quiet the mind?
- 7) What is the deeper Self?

About Ronald L Mann, Ph.D.

Dr. Mann has thirty years of experience in clinical psychology, executive coaching, yoga, and meditation practices. He is an award winning author and international lecturer. He has appeared on Fox Sport's Net and Good Morning America. He is the author of LA Times Bestseller, *Sacred Healing: Integrating Spirituality with Psychotherapy*, *The Yoga of Golf*, and

the CD *Find the Zone: Master the Mental Game of Golf*. He has worked with the UCLA Women's Golf Team, UC Davis Golf Team, Lee Brandon, Women's World RE/MAX Long Drive Champion and numerous junior and amateur golfers. His newest book, *Bouncing Back: How to Recover When Life Knocks You Down, Inspirational Stories from World Class Athletes*, will be release in April by Morgan James Publishing.

Contact Information:

mannr@ronmann.com

www.ronmann.com

310-387-5115 (cell)

602-687-7644 (business)