

EFT for **Golfers**

Newly Discovered
Breakthrough
Performance Technique



Introduction to EFT for Golfers

by
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E.F.T.

A Performance Enhancement Technique for Golfers

Leading edge performance enhancement technique, combining centuries-old knowledge with leading edge developments in the science of performance enhancement

The Comfort Zone

Want to *definitely* improve your game? Apply this Performance Enhancement Technique for Golfers conscientiously for amazing results!

How many times have you shot a great game on the front nine, and then you 'flub' the next nine, which keeps your score right in your comfort zone?

Imagine that someone asks you, "What do you usually shoot?" You reply, "I usually shoot in the (80's, 90's, 70's or whatever)." *You have just defined your Comfort Zone.*

Your Comfort Zone is how you "see yourself," or what you have consistently come to expect of yourself. The same concept could—and usually *does*—apply to all areas of your

life, including your income, your work performance, your lifestyle, etc.

The Principles

While the principles in this article and in my book, *EFT for Golfers*, are applicable to *all* types of performance (sports, music, academics, art, writing, acting, speaking, sales, business and more), I am going to emphasize the sports area as a launching pad for these ideas, touching on other areas along the way. As a serious student of performance - or else why would you be reading this? - you can easily relate what I say here to other types of performance.

The Mindset: I can do better!

I have played with and against hundreds of quality athletes. Every one of them, regardless of how high they have risen in their sport, will tell you that they can “still do better”. I’ve

**The difference lies
between your ears!**

never seen an exception to that mindset—whether in the Olympic athlete, the most highly skilled professional athletes around the world, or the occasional golfer.

They all agree that the main barrier to better performance is due to the “mental part” of the game. Their bodies are highly conditioned. Their physical skills and experience are second to none. Thus, we can infer that the difference between a superb day and a so-so one does *not* lie within skill, talent, or experience: it resides between their ears!

This is fertile territory. An effective performance technique can make a world of difference in your actual performance in golf—or in business, relationships, finances—in life.

Not-so-optimum scores

Experienced golfers *know* how to hit every shot perfectly. Their bodies have done it many times. They've hit perfect drives.... perfect approach shots.... perfect 15 foot putts ... and so on.

Despite this, golfers *don't* shoot perfect rounds all the time, despite all they know and all their experience, they can repeatedly fall below their optimum scores. They play a round of golf and hit a blend of both “perfect shots” and

**The Comfort Zone:
the mental place you
subconsciously believe
you “belong”**

“not-so-perfect” shots and almost invariably end up scoring within their Comfort Zone.

The Comfort Zone is a critical concept within all performance pursuits.

This is the *mental* place where an athlete subconsciously believes s/he “belongs.” *Staying within this zone is what keeps performance at its current level*, and without properly addressing it, any improvements you develop as an athlete (or musician, actor, etc.) are not going to be lasting.

Your mental thermostat

Just as a thermostat keeps a room within a comfortable temperature range, our performance fluctuates within certain Comfort Zones. The Comfort Zone for golfers, for example,

is reflected in their scores. Any golfer who says, “I shoot in the mid 80’s” or “the high 70’s” is telling you his Comfort Zone—where his mind thinks he “belongs”—even though he will tell you that he *can* do much better.

Improvement is in your head!

Interestingly, improving a specific part of a your game—like putting—will not likely bring about an improved overall score. One part of the game can improve, but other parts of your game will suffer in a manner that will allow your Comfort Zone to be maintained!

Even if you have a day where you shoot out of your Comfort Zone, you will, on subsequent rounds, shoot once again where you “belong.” It is your consistent performance *over time* that is evaluated and kept at a constant success level by your subconscious mind.

There are two parts to overcoming your present Comfort Zone:

- 1. You must learn how to change your mental Comfort Zone**
- 2. You must address the specific impediments to your performance**

One of the very best, most easy, fast, and effective methods to handle impediments to your performance is to use E.F.T., the Emotional Freedom Techniques. Following is a brief overview

of exactly how to do just that. (Please refer to *Change Your Mind! with EFT, The Shorty Version*, (which you get as a bonus when you purchase EFT for Golfers) for more detailed information on EFT.)

EFT Setup phrases for the Comfort Zone

Here are some useful EFT Set Up phrases to use to deal with your comfort zone. Not all of them are for golfers, in order to show how to use various aspects of your thinking to get good results.

Important: When you have moved through the negatives, include a statement of your desired new level of performance, so you can move into a new vision of yourself. Feel free to adjust these phrases so that they address your situation and feelings appropriately.

Even though...

- * I'm uncomfortable shooting in the high 70's
- * I don't think I belong in the high 70's
- * My free throw percentage has never been above 80%
- * I know I'm capable of being an A math student but have never been above a B yet
- * My violin doesn't dance in my hands like it does in my dreams
- * I have yet to earn \$200,000 per year as a speaker
- * I feel uptight and have yet to have fun with my audience
- * I just don't feel attractive and don't have the same outgoing charisma as (pick a role model)
- * I go "gulp" when I'd really rather make free-flowing shots
- * I have writer's block instead of ideas flowing out of me like a fountain....

There is an endless list of possible setups. Of course, you must customize them to fit your individual game and personal level of performance.

Make sure you move to a new mental image of yourself where you see yourself as “belonging” at a new level. Remember, most performers already believe they have the ability and many of them have already performed at these higher levels, if only briefly.

**You are quite capable
of performing beyond your current
self-imposed thresholds.**

Continuing practice

When you become skilled at the use of EFT, you will not only be able to thoroughly handle your Comfort Zone, but you will use EFT on a continuing basis to improve what you have already made better.

The specifics

When you get accustomed to using EFT, you will know how easy it is to dig for the specific events that underly your less-than-optimum performance level. You will habitually use EFT to obliterate the barriers those specific events have created.

Self-talk

Accompanying our specific impediments to performance are extraneous bits of self-talk. We pick up thoughts, notions and attitudes on our journey through life that, once exposed, qualify as first-class comedies.

In high school I was a so-so basketball player.

My only talent was my ability to jump like a kangaroo and gather rebounds (a rebound is when I get the ball after someone else has missed a shot).

As a result I played center for our basketball team—a position normally given to the team’s tallest player—someone five or six inches taller than I am.

Upon getting a rebound I usually landed within 5 feet of the basket. You might think I was the team’s leading scorer. After all, my shooting opportunities would have been from short range.

But, alas, I only averaged 2 or 3 points per game because I rarely took a shot: instead, I passed the ball out to one of the “shooters” on my team. If you think that’s silly, you’re right! Nonetheless, that’s what I did—repeatedly.

Why? Because I had developed self-talk in my head that said that “rebounders are rebounders and that’s it. Rebounders are not shooters.”

This is even more ridiculous when you consider the fact that I had the necessary hand-eye coordination to hit a speeding,

curving baseball out of the park—and had done so on many occasions.

Somehow I had the belief that, because I was a rebounder, I was unable to put a ball into an oversized hoop from a mere 5 feet away!

In retrospect, I can name many more “comedies” that insidiously eroded my ultimate performance, including my refusal to bat both left and right handed in baseball. I had the ability to do so, and it would have clearly escalated my batting average.

I never did it because I was afraid people would see me as a show-off.

Comedies: *everyone* has them!

I can assure you that every athlete, every performer, absolutely regardless of caliber, age, experience or skill, carries around dozens of these dandy little comedies—without even being aware they have them!

Why?

Because they’ve become invisible, routine beliefs. *And*, no one has ever helped us bring them to the surface to be shifted out of existence.

Those limiting beliefs, stories and emotions have been buried within, and neither the performers, nor their coaches/trainers/spouses or anyone else, has had any clue about their existence.

Yet these specific impediments to performance are very definitely there, and are definitely, monumentally expensive.

A major opportunity!

I'd love to give you a nice clean list of all of the specific impediments to performance, together with a neat, precise recipe for handling each of them. But, alas, a list of these endless comedies would stretch from here to the middle of the Cosmos.

However, with a little creativity and detective work you can soon uncover your very own hidden thieves. Here are some guidelines...

1. Often there is a disguised "penalty" for performing to your maximum potential.

Perhaps your subconscious mind holds a belief that out-performing your father/mother/brother/sister/teammate will result in a loss of their love or respect.

Or maybe that if you achieve that new level, you will be expected to maintain it (which you then erroneously believe will require too much effort).

There are many potential penalties. What are yours? Dig for them. You will often uncover treasure chests filled with ripe issues that need resolution.

2. Sometimes there's a limiting emotional response to a competitor, a certain auditorium, academic subject, golf course, etc.

I recall many times when a certain pitcher, or golf hole, or football stadium was “bigger than me.” There was something about the circumstances that “had my number.”

The resulting self doubts, of course, affected my play.

3. Many athletes focus on what they do well, and let slide other aspects of their performance that “aren't as important.”

However, mastering those other “little things” adds measurably to the overall performance.

Triggers

I suggest that you spend some time on the following sample questions, which are designed to get you in touch with the feelings, thoughts, and emotions that come up for you, on or off the golf course—or other playing field.

- * What feelings do you have when you think of playing a round? Or what thoughts?
- * When you miss a shot you expected to do well on – what emotions do you feel?
- * When you do better than expected on a particular shot, hole, or round, what does that feel like?
- * Where in your body do you feel these feelings or emotions?

- * What does that (circumstance/competitor) remind you of?
- * What does your golf pro/coach/trainer wish you could do?
- * What prevents you from performing at the next level?
- * If there was a subconscious penalty for performing even better, what might it be?
- * Who is better than you, and why?
- * What aspects of your performance have you let slide and why?
- * What part of your goal or dreams do you consider out of reach or impossible?
- * When do you have self-doubts?
- * What are they?
- * What part of your performance do you dislike?
- * What aspects of your performance are you required to do that you don't like?

Performance issues are mirrors

As you can tell, performance issues are, in actuality, mirrors for all those “issues within” that beg for resolution.

Each issue, rather than something you “have to live with,” is a red flag pointing out where you need to do a little digging.

Quality detective work will almost always find *specific events* in the past that serve as limits to your current performance. Once found, use EFT to collapse them.

Better everything!

The result, of course, is a new level of performance: better scores, better grades, better acting, better writing—and much happier people.

Comfort Zones:

When I first started using E.F.T. for success in my own life, I didn't "believe" in Comfort Zones, or 'ceilings on your progress' that were based on conditioned "writing on your mind's walls."

When I noticed my income was running exactly the same for two years, I realized this was evidence of a Comfort Zone operating in my financial life.

This may not seem strange unless you're a private practitioner in the mental health field.

There are so many variables—holidays that fall on different days of the week, my own vacation time, clients' vacation time, illness, referrals, the economic situation etc—that it is virtually impossible to predict your annual income.

But, for two years in a row, despite all these variables, I made the exact (within \$1000) same income working as a full time private practitioner.

I used EFT to break through these Comfort Zones (after some resistance!). My income shot up over 20% the next year.

I had not raised my fee, had not done any advertising, and the country's economic situation had, in fact, gotten worse.

**Here are some of the setup phrases I used:
Even though...**

- * I don't dare raise my income
I deeply and completely accept myself.
- * I don't dare to (or don't believe this technique can)
lower my golf score,
I deeply and completely accept myself.
- * I obviously have a block to earning more than \$ XXX,
I deeply and completely accept this conflict.
- * I have trouble seeing myself shooting below a _____,
I deeply and completely accept myself.
- * I have trouble seeing myself earning more than \$ XXX,
I deeply and completely accept myself.
- * I don't feel safe making more than \$ XXX because they'll
be jealous,
I deeply and completely accept myself.

Limiting Beliefs

Dozens of clients have told me of siblings who were seen as either "slow learners" or having some form of "difficulty" in school. Some of these siblings turned out to be brilliant, while some are still struggling to this day.

Most of us learned from our families "I'm not supposed to shine." And that if we did shine, we were taking attention away from our struggling sibling.

It didn't seem to matter if the sibling was older, younger, the same sex or not. What mattered was that our parents compared us, and scolded the "fast learner" for looking good, or "showing off."

**The message was "don't succeed
or you'll hurt someone else."**

Even though...

- * I'm not supposed to shine because it will hurt my sister,
I deeply and completely accept my brilliance.
- * I will lose their approval (or my 'place' in the pack) if I do
well in on this hole,
I deeply and completely accept my talents."
- * It's not safe to succeed,
I choose to feel safe when I am playing a game I love.
- * They don't feel comfortable when I succeed,
I deeply and completely accept myself anyway.
- * I'll never forget his scolding me when I succeeded,
I deeply and completely forgive myself for being so fast.
- * I'm afraid I'll be rejected if I succeed,
I deeply and completely accept myself.

**OK—this sounds great, but
what do I do with these statements?"**

EFT: so simple anyone can use it

In essence, your specific phrases are combined in a particular, designated process which utilizes your body's energy system.

When you purchase *EFT for Golfers*, you will receive detailed instructions and background information about how to apply

this technique to *all* areas of your life—not just golf! It is your ‘mental game’ that we are addressing. Even though the techniques in this book and in *EFT for Golfers* seem strange and unorthodox, the results will astound and amaze you.

**Here’s the underlying concept of EFT:
“The cause of negative emotions
is disrupted energy in the body’s
energy system.”**

If you’d like to develop a deeper understanding of EFT, or find a practitioner to help you start or refine your use of it, we also supply you with links that will help you find a practitioner close to you.

Thousands of people, after just a bit of practice, have already experienced significant success applying this technique to themselves and their games—and other performance areas.



Isle of Skye • Photo courtesy of www.traighgolf.co.uk



Some EFT FAQ's

What is EFT?

This technique can be thought of as a psychological or emotional version of acupuncture, except that practitioners of EFT don't use needles. Instead, we stimulate the energy meridians by tapping on them with fingertips, with the intention of bringing about a releasing and rebalancing effect.

This technique is a natural extension of Einstein's discovery in the 1920's that all matter, including the human body, is composed of energy.

This has recently been re-verified and expanded on by breakthroughs in quantum physics.

EFT is sort of like massage therapy but also adds in an important psychological/emotional/mental relaxation and resistance releasing process.

Some people refer to it as 'Emotional Acupuncture.'

Following are some general questions about golf and EFT answered by Jack Eason Rowe and Larry Phillips.

My shots are inconsistent

Sometimes I hit great shots, sometimes I don't. I can't count on hitting where I want. What can I do?

All shots are subject to inconsistencies. The golf swing is very complex and being off a small fraction of an inch can result in big misses, especially with the long clubs such as a driver.

Some of the factors that determine where a shot goes are beyond your control.

The most important factor that you can control is giving your subconscious mind clear instructions of what you intend to do.

The best "instructions" consist only of selecting the target. Unfortunately, we often include other instructions such as, "Don't miss it," "Don't hit it in the water," or "Don't make a fool of yourself again."

What about swing thoughts?

I have heard some pros, after winning a tournament, say that they were able to "get themselves out of the way," that they had no swing thoughts.

I haven't done the research on this one yet (I'm a research scientist), but I'm pretty sure that the best "swing thought" is simply a clear intention of where you want the ball to go.

That could be in the form of an imagined flight of the ball, a point where you want the ball to land or stop, or phrase such as “next to the fairway bunker.” Any other thoughts would likely confuse your subconscious mind in its task of getting the ball where you want it go.

Which hand should I tap with?

Either or both, whatever you are more comfortable with. You may also alternate hands at any point in the routine sequence.

Which side should I tap on?

Either or both, whatever you are more comfortable with. You may also alternate sides at any point in the routine sequence.

As you can see from the tapping charts in the book, most points are located on both sides of the body. You can tap with either hand on either side of the body on any of the points.

The only exception is the “sore spot” on the upper left chest. Some practitioners advise rubbing the sore spot on the left side only.

If I tap harder, does EFT work better?

Some people seem to get the best results when tapping hard enough to inject some mechanical energy into the tapping point, but not hard enough to hurt or bruise themselves.

On the other hand, some people get excellent results while

tapping rather lightly. It is really just a matter of your own personal preference. EFT is a very intuitive practice. Do what feels best for you.

And there are also tap-less versions of EFT.

See either of the EFT Manual at EmoFree.com or books by many of the other authors at NoLimitEFTBooks.com

Do I have to tap on the golf course when I'm upset?

Ideally you should have tapped prior to beginning your game. This will help you to remain on a more emotionally level playing field, as well as consistently increasing your focus and relaxation.

Some golfers even tap before each hole throughout the game.

It is always best to tap as soon as possible if you experience upset of any kind.

The abbreviated tapping sequence offered in this book is designed to be as inconspicuous as possible.

Golfers have also achieved good results using as few as one tapping spot.

Someone told me that Energy Psychology works for pain - is that true?

Most people (2/3 or more) get immediate relief from pain by tapping.

Simply focus on the pain and do the EFT procedure. Your acceptance statement would be, "Even though I have this pain, I deeply and completely accept myself."

Your reminder phrase would be "This pain." Any time you have a pain and you reach for the aspirin or ibuprofen, try tapping first. Obviously, if you need medical attention, seek proper medical care.

The older I get, the stiffer I get

**It is affecting my ability to make a smooth swing.
What can I do about it?**

Since I work with golfers on their mental game, this question may seem out of place here. But physical factors have a big impact on the mental game. Pain, stiffness, and fatigue are some physical factors that can affect the mental game.

A golfer who is in good physical condition will more easily stay focused on the game, especially on the back nine. A golfer in pain will be distracted by the pain.

Stiffness certainly affects the swing, not to mention bending down to get the ball out of the cup.

Stretching exercises can pay big dividends for a golfer. Check your local bookstore, physical therapist, or golf pro for a good stretching program.

Always warm up before hitting on the first tee. Stretching should also be done, but *only after you have warmed up*. Stretching cold muscles and joints can result in injury.

Before stretching, try this energy psychology technique

Notice where you feel stiff. Focus on it and tap according the procedure in my books using an acceptance statement such as this, “Even though I feel stiff, I deeply and completely accept myself.”

Repeat as necessary. Golfers tell me it’s a quick and an effective way to help loosen up.

**FAQs provided courtesy of
Jack Rowe and Larry Phillips**
JackEasonRowe.com
NoLimitEFTBooks.com



Energy Success Patches

In addition, I am including a link to my webpage that offers you a product that has been found to be nothing short of amazing. These are patches that you can apply to your body that have been shown to improve your performance through the use of nanotechnology.

Understand that these are *not* transdermal patches. *Nothing* enters the body: instead the patches contain a compound that works with your bodies' energy system.

The resulting performance enhancement will simply amaze you. You do not need to try this product to receive great results with EFT. These two items are 'stand alone' products, neither one depends on the other to achieve great results.

If you are are interested in additional performance enhancement techniques, go to lifewave.com to learn about this amazing product.



Thank you for ordering my free report on EFT, the complete performance enhancement technique. It is fully explained in ***EFT for Golfers***.

To learn more about and purchase ***EFT for Golfers***, click here: NoLimitEFTBooks.com

EFT: Performance Enhancement for Golfers

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