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Mastering Your Mental Golf Game with a Secret Method the Pros Do Not Want You to Know

By Mike Geary

Introducing Tap-In-Golf: The Ultimate Mental Game Mastery System. This cutting-edge technique combines centuries-old wisdom and quantum physics to allow you to drop your handicap like a bad habit...in minutes!

There is a brand new mental golf game technique out there that most of the top players would rather keep a secret. It's called Tap-In-Golf. Perhaps you have already heard about the buzz it's creating in the golf world. Currently, golfers from over 33 different countries are using this system to master their mental game, cure the yips, cut strokes off of each round, reduce their handicaps, and enjoy the game again. In this short article, you will discover and experience this simple technique that delivers results almost immediately - results that you will feel in your body and see on your scorecard.

What is the Tap-In-Golf (TIG) Mental Game Mastery System?

Warning - This may seem a little weird... but give it two minutes and experience the results. Do yourself a favor and suspend disbelief for a short time, and test out the demonstration detailed below. The chances are good that you won't care that it's "unconventional".

Tap-In-Golf is simply a do-it-yourself form of acupuncture, except you don't use needles. Instead you simply "tap" on a few "clearing points" while focusing on the negative feeling or emotion. Let's get right to it!

Step One: Visualize a Stressful Golf Scenario and Rate the Intensity of Your Feelings

Sit down comfortably and close your eyes. In a moment I will instruct you to imagine yourself out on the golf course. Not some generic course, but rather one you know very well. You will imagine yourself on the toughest hole, or possibly the most challenging shot you have ever had to execute.

Is it a tee shot over water, a deep greenside bunker, or a tricky chip onto a sloped green? Whatever it is, I will encourage you to fully immerse yourself into that scenario and to vividly imagine yourself standing over the shot.

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While you are performing this mental exercise, make a note of what particular negative emotions (nerves, anxiety, fear) or physical symptoms (butterflies in stomach, sweaty palms) arise, and give them an "intensity rating". We will use a simple scale of 0 - 10 (0 = no intensity, 10 = very high intensity).

For example, fear at level seven.

Please go ahead and do that now. Take a couple of minutes if necessary.

Write down your "intensity number" on a sheet of paper. We will use it for a subjective test in a few minutes.

Step Two: Tap the Clearing Points (Negative Focus)

Next, you will tap three points approximately ten (10) times each while focusing on the negative emotion or physical symptom you identified above. It is important that you focus on the negative while tapping

Point One - Collarbone

You will use an open hand to tap this area. Technically speaking, it is not the collarbone, but rather the two bony notches at the base of your neck (the location of the knot of a necktie). Tap it lightly ten times while focusing on the negative emotion.

Point Two - Under Eye

Use the tips of your index and middle finger to tap on the bone about one inch directly below the eye. Tap it lightly ten times while focusing on the negative emotion.

Point Three – Double Wrists

Simply tap the insides of both of your wrists together (about the area that you would wear a watch). Tap them together ten times while focusing on the negative emotion.

Interesting (sort of) side note: this wrist point is the one that can reduce sea sickness. If you have ever been on a cruise ship, you may have used one of those wrist bands for your queasy stomach. The truth is, those bands are designed to stimulate these exact wrist points. The manufacturers often times don't tell you that because it seems too weird!

Step Three: Tap the Collarbone Point (Positive Focus)

Now tap the Collarbone Point once again with an open hand approximately 10 times while repeating (aloud or silently to yourself) the phrase "Let it be easy".

Step Four - Take a DEEP BREATH.

Step Five - Imagine the Exact Same Golf Scenario Again and Check Your Intensity Rating

The chances are very good that the intensity of your emotion or physical symptom will have decreased substantially or disappeared completely.

If you experienced a decrease but there is still some intensity remaining, or if a different emotion or symptom surfaces, simply perform another round or two of this method until you feel calm, confident and as if you could take on Tiger himself!

Question: Will this calm feeling actually carry over to the golf course in this situation?

Answer: Usually. The subconscious mind doesn't know the difference between what you imagine and what is "real". However, if you experience any negative emotions or symptoms while "live" on the golf course, simply apply this technique on the spot and eliminate them in short order.

The above demonstration is just the tip of the iceberg in terms of the enormous potential inherent in

these unique techniques for mastering your mental game, lowering your golf handicap, curing the yips, and increasing your enjoyment out on the links.

To learn more secret golf techniques that the pros use and to download a Free Special Report (complete with photos), visit

Mastering Your Mental Golf Game

Golf Instruction – The Right Way to Get your Game Going

By Simon Ashton

Unless you are born a natural golf player, you will need golf instruction if you expect to improve your game. Employing a professional golf pro can help you target the weaknesses in your swing and diagnose your hooks. A professional golfer will be able to share with you some of the secrets of the trade and show you simple mind games that will help you focus better, before and after every shot you take on course.

Even the best amateur golfers out there, although they probably don't want to admit it, take tutoring from the pros. Natural born athletes like the Michael Jordan's and Michael Schmidt's of the world need help from the pros every once in a while to improve their game by pointing out the slight faults in their back swings or how they look up in their short game. Even the elite of golfers seek out advice from those who are considered the gurus for golf instruction when they are in a decline or losing distance on their drives.

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In other words, it isn't a bad thing that you want golf lessons. That is exactly what the golf pros are for. That is the reason why they have trained hard and become certified by the PGA. It isn't easy to be certified as a golf pro. It takes years of hard work, studying and training to obtain that qualification. Part of their learning process is to learn how to, not only teach golf but to plan a club tournament, deal with club members and even run the club shop. Even after they have qualified as a golf pro, they still enrol in the occasional seminar or course to brush up on new teaching techniques.

Of course, golf instruction is a crucial aspect of this training and their work. This is the reason, after all, why English and Scottish golfer first came to America at the start of the twentieth century. Several decades after they had established the PGA to spread the word of golf and teach Americans how to play, golf is now played and taught all over the world. Those Scottish and English players sure made tough competition for themselves.

Simon Ashton is the founder of

A website created to give advice

on purchasing the right Golf Equipment and Instruction Guides on how best to improve your game of golf.

aims to be an informative, unbiased site for your daily

golfing needs and news.



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