

Spirit of Golf vs. Sports Psychology

(The Differences are Profound)

As a peak performance coach, I am often asked the difference between traditional sports psychology concepts and those I share through Spirit of Golf. While the two approaches have components that often complement each other – *each methodology, after all, does have an athlete's best interests at heart* – the strategies for improvement are often quite distinct.

For example, unlike the “*talk therapy*” used in many traditional psychology models (*let's analyze unpleasant memories or issues in order to get to the bottom of a problem by talking it out*), Spirit of Golf teaches athletes to “**not talk**” about any parts of their games they do not want to further energize, experience, and see (a Law of Attraction concept discussed below).

This distinction alone often helps to dispel the reluctance I hear quite often from potential new students that Spirit of Golf is yet another psychological program that involves an uncomfortable visit to the “*therapist's couch.*”

With a total emphasis on solution rather than problem, and with skills that are developed not indoors but on the courses and courts, athletes are taught to focus more fully on the shot at hand from an empowered and emotionally stable state of mind. Action comes from a more conscious and powerful internal space known as *the here and Now (The Zone)*, and athletes learn to activate with incredible precision the energy that allows them to deliberately tap into states of peak performance time and again.

This here and Now philosophy becomes especially important to understand since Spirit of Golf is based not on psychological models but rather modern “**energy**” principles surrounding Quantum Physics (*a field of Infinite Possibilities*), meditation, yoga, and other body/mind practices, and the metaphysical Law of Attraction, fields I have studied extensively for the past 25 years that are at the heart of what I successfully coach and share.

At the basis of each of these arenas is the concept that ***whatever we focus upon we attract into our lives; that our “thoughts become our things.”*** How this applies to peak performance in both athletics and life is as significant as it is profound. More specifically:

- If we rehash, relive, talk, or commiserate about anything we don’t like, we not only give the subject more energy – *kind of like pouring more gasoline on an open flame* – but actually begin seeing more of its proof.
- If we train the mind, and more specifically the emotions, to feel greater optimism, hope, and belief - *the hallmark of what is shared through Spirit of Golf* - we see the proof of that energy, too (*on a cellular level within the body as well as with what the Universe begins sending our way*).
- In either case, we begin to manifest the evidence of our happy or unhappy self-talk and states of mind. Success or failure no longer appears randomly or by chance, but rather as the most natural byproduct of our joyful or ornery thoughts, emotions, and beliefs.

Today, it is an honor to be actively coaching golfers on most of the major tours as well as high-level athletes in many other sports. As my students who have worked with other leading sports psychology and performance doctors and coaches will attest, Spirit of Golf is not only a first-rate program but also the first program they have worked with that actually gives them *tangible skills and techniques* for managing their emotions while they are on the course and in tournament play.