

# The Five Secrets To Manifesting Your Best Golf Game

## Blending Enlightenment With Your Golf Game

Part of Al Owens's Albero Method is his "**Five Secrets to Manifesting Your Best Golf Game.**

As a golfer you probably were introduced to the game through only one area such as the technical parts of the swing that are needed to create a good golf game. However as Al Owens suggests, there are 5 areas that create your game, not just one!

These five are the **Mental, Physical, Emotional, Technical/Equipment and finally your Approach/ Strategy.**

Click [Here](#) to listen in on Al Owens' Five Secrets To Manifesting Your Best Golf Game as he discusses them with Karen Curry on Blog Talk Radio.

## Mental

The Mental approach each golfer considers is a very large topic to consider.

Each year many golfers declare, "*I want to Improve, I want to get better.*" However, that is not enough!

No doubt you have made this declaration before in hopes of improving. Now you must **DETERMINE** that you want to improve. Hoping for improvement is a shallow based empty projection many make thinking something **may** occur to improve their game. This year Determine you will improve and commit to it.

Believe that you can Improve and at what level do you want to improve

Then take **action to create your change.**

You must have a positive approach to improve the outcome of each shot you attempt and then staying positive towards each round of golf you play. Learn to believe that each shot will manifest with a positive result, don't look back at failures of the past. Instead clear your mind and expectations and expect the best result.

Vision your successes for all your game, for each round you play then each shot you play!

Positive approach goes towards attracting positive results in your game.

Go deep within and determine what is it that you think about when you play.

### **Three step process**

Sit in a chair at home and visualize what you are trying to create when you play each round. Start this off by visualizing a favorite hole you play and mentally go through your hole and play the hole in your mind before you play. Walking to the course, on the tee, etc.

Mentally play one hole from start to finish and visualize the outcome from your chair. Also identify the aspects of this hole while on the course and what are the thoughts you are thinking? Are you worried about your next shot or are you in the **now** moment of where you are on the course or that particular hole?

#### **The Three Step Process Includes:**

- Identify what your shots are and beliefs off the course.
- Identify what you are thinking while on the course. Do you fear shots or are you inviting better shots with better thoughts?
- Are there better thoughts that you can use when you do play? Can you implement better thoughts to play, get past your old limiting thoughts of your game to create your new game?

**Show off to the world with every shot you make.**

The thought behind each swing you make or shot you attempt is the foundation of each of those shots. Make sure your thoughts are positive towards your outcomes and not negative or fear based.

### **Physical**

Being physically fit is important for your golf round. Good shape, body has to be able to sustain the momentum in your round. Many are physically tired after nine holes, then the next nine is not only physically tiring for you but you are mentally tired also.

Flexibility in your body is very important, the body contours when you swing, yoga is a great way to stretch, and relax and quiet the mind. Yoga relaxes yourself and teaches you to support your own weight. Remember to always find balance in your body and balance in your mind when you play.

Yoga encourages you to work with the positions your body is in where.

**Core muscles** - the engine of the swing speed, need strength in the mid section of the body to work as your base of the golf swing.

Balance is a major part of the swing itself, if the body is off balance it then reacts in negative ways to keep you from falling over when you swing.

Posture, Grip, Alignment and Balance are always the keys to a good golf swing. If you are out of balance the body has to react to those poor positions.

Weight under the balls of your feet at address also helps you to start your swing from a balanced position.

Take your shoes off, now your senses are heightened in your feet and you know where the weight is.

Heightening your senses block off one area, such as sight, putting or chipping with eyes closed and this shuts off one sense of five so the other four are heightened and more aware for there.

Learn to use all of your senses when you play!

## **Emotional**

The Emotional part of the golf game is where Al Owens really works with all of his students at great length. Why?

Because so many instructors do not understand that each emotion associated with each shot you attempt also sets the stage for success or failure with that shot.

Do you believe your round will go well, do you think the shot you are about to play? If your emotions say "I am kinda confident in the shot I am about to make", then that is not an adequate way of approaching each shot you attempt.

Learn to create your Emotional Barometer for each shot you attempt or round you play. An Emotional Barometer reading of 7 is the minimum number for the shot you are about to make on your scale of 1-10(10 being very confident).

Limiting beliefs of others should not come into your golf game. Do not worry or consider what your playing partners are hitting into a hole or off the tee. You are the creator of your game, not them!

Resonate with what you are trying to accomplish, the resonating belief is above the number seven on a scale of one to 10. Feeling, believing and resonating with your shots and your game.

## **Technical/Equipment**

This is where most golfers are introduced to golf, they are always seeking the best putter, driver each year, all new products to improve their games. Too much time and energy is spent here because there are other aspects to a players game that are then neglected.

Tour Playeres use coaches or instructors, and mental coaches to assist them in **ALL** areas of their golf games.

Mechanics of the swing are a must, Essentials of the Swing process, check on all these areas all the time.

Try not to get too wrapped up in the golf swing and the postions of the swing. This stops you from manifesting or ceating your game.

Your energy controls your swing, if you are worried about your postions of the swing, that takes your energy away and brings in attention towards negative areas that will attract more negative results.

Find a good pro to assist you with your game and in creating a strategy that will lower your scores to the level you desire.

Check your intuition to see if your instructor you are using or idea is bad, go with your intuition. Your intuition (or gut reaction) usually is always the best indicator to let you know if you are on the right track for yourself in whatever you do or attempt.

For extensive golf analysis of your clubs you use or seek look into the following:

Digital analysis, club fitting, perimeter weighted iron , look is good, feel is good , solid impact feel and you believe in the club. Very forgiving , extra distance, try a demo day and different clubs. Look and feel good when you look at it, does it feel good and consult on the club with a pro and get a fitting.

Your golf club alone is not going to do the work for you, get instruction, your energy you put towards your golf reflects your results you see when you play.

Practice on the range, many energy's taken to the range, Tips from friends, magazines, if they don't work , get back to your core beliefs, keep positive "Practice with a purpose....etc"

Poor techniques produce more poor results.

## **Approach/Strategy**

Mental Coaches are here to assist a players approach and perception of what golfers are trying to create.

Determine exactly what you are wanting to create when you play. This year are you trying to create a certain swing or a lower score???

One major area in a year for their golf swing, not more than one for the year. 3 and 4 is a no no. Goal of a type of swing, keep it simple KISS

What you are trying to create each time you play, Identify is this what you are trying to do?

Your approach is key and a strategy or plan with the game you "If you don't have a plan, then you don't have a clue"

Find a plan for the year, Personalized game for their game, or their round.

Create a plan for your game this year.

A Shot on A HOLE? What type of shot are you wanting to create, identify where you want it to go, high=, low, back of the green

Use your emotional barometer to decide where you wish and can place your shots when you play.

When beliefs and emotions are stronger about a shot or round, your results will become better and better all the time as you play.

Your approach on the tee, a draw? Short of the bunkers, Identify the shot you wish to create,. Do nt draw into your shot the bunker on the right, what is it you are trying to accomplish when you play. Observe the hole and determine where you want the ball to go.....show off to the world!

Feel , Believe and Resonate with your game. Take action,

"Lighten up..... and Enjoy the Game "

*Inspiration, Creation, Manifestation, and Enlightenment*

## The Alcero Method™

### 1<sup>st</sup> - Inspiration

*Your Foundation – Sets the ground work through emotional inspiration using the power of perception propelling your beliefs & eagerness that sustains your emotional barometer.*

### 2<sup>nd</sup> - Creation

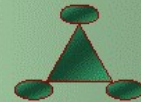
*Establish your thought by rendering a clear picture of your intentions & a resonating belief that you can navigate your desired shots.*

### 4<sup>th</sup> - Enlightenment

*Free yourself without forcing your intents & commit your mind & soul with benign affects from others who may induce judgment on your strategic swing. Seize your new energy & ripen your game success with new-found vision.*

### 3<sup>rd</sup> - Manifestation

*Embrace the numerous shot possibilities by stepping aside using the Triangle of Success™ for directing your shots; feel the present & feel the sweet spot in your mind & body.*



**Al Owens**  
School of Golf



A Center for Golf & Personal Advancement

inspiration - creation - manifestation - enlightenment

