

Grounded Golf is the easy-to-understand and use guide that offers a different way to approach golf under pressure. Tara Fox shares with the golf world, how to use powerful grounding techniques to improve your golf game.

Grounded Golf:
Steady Performance Under Pressure for The Female Golfer
By Tara Fox

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Grounded Golf

Steady Performance Under Pressure
for The Female Golfer



Tara Fox

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Introduction

Playing golf under pressure is one of the most difficult things to do. Professional and amateur golfers can freeze up or flail at times. There are already numerous books about this debilitating condition, and mental game experts have made a living out of explaining how to golf well while under pressure. But getting in “The Zone” when you’re just not **feeling** it is one of the hardest things to do.

I believe there’s an easier way to perform at your best that works for every golfer. I believe it can become as simple to golf well as it is to breathe air.

For energy workers and spiritual gurus, the technique comes naturally. It has been around for centuries.

So, what does it take for golfers to access this ageless, effective technique?

When you want to play your best at a corporate outing, or with co-workers, and even complete strangers that you can get grouped with at a golf course, you know that your first tee shot is everything; it’s the shot that makes or breaks you for the rest of the round.

So, what if you were able to hit one of your **best** shots on the very first tee, under pressure, every single time?

You can!

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Stick with me to learn more about this tried-and-true technique in the guide that follows and **start playing your best golf, now!**

Cheers to your new and improved golf game,

Tara

Grounding – How does it work

Early in my career, I was working as an assistant professional for a private country club in California. I was giving lessons during my off time or during my breaks at this time.

One morning, about 30 minutes before a 12 o'clock game began, a fellow named Nick walked into the golf shop and approached me at the desk. He was in a total state of panic.

"Tara, I cannot swing the club. I don't know what happened, but I literally cannot hit a golf ball!"

Now, Nick was a scratch handicap at the time, so of course he knew how to hit a golf ball. He had shot a 71 during his previous round!

I became insatiably curious about how something like this could happen so I told Nick I would meet him at the range in five minutes, then asked my co-worker if he could cover for me for 15 minutes while I looked at a member's golf swing.

Thus released, I went to the range and watched Nick. And he was absolutely right: he could NOT hit the golf ball. He was topping everything, and seemingly unable to figure out how to fix the problem.

I was beginning to feel anxious, so I took a deep breath, then two more. What I didn't realize at the time is that it was **Nick's** anxiety I was inadvertently "borrowing", not my own. After I managed to calm my own mind and emotions, I was able to help.

"Nick," I said, "Wait a minute. Stop hitting golf balls. Let me ask you a couple questions. What did you do this morning? Literally, take me through your entire morning..."

He explained his normal routine and then said he had just left meetings about the potential purchase of a property that wasn't going as smoothly as expected. He was incredibly frustrated about the whole ordeal, and he had carried that to his golf game! Suddenly it was no mystery to me why he couldn't hit a ball: he wasn't mentally focused on golfing! He had left his mind and attention at the meeting. He wasn't present in his body so he couldn't create a golf swing to save his soul!

Fortunately, I honored my intuition.

Instead of changing his swing to try to correct his current crazy one, I simply asked a few more questions to help him climb back into his body. (They can help you do the same.)

I asked:

Where are you?

Are you at the course, on the range, or is your attention and intention somewhere else?

How do we get you HERE? Become aware of your surroundings. Shut the door on the meeting (or whatever baggage you brought with you). Leave it

in the car. It will still be there after your round of golf. You can deal with it then.

Now, imagine arriving at the golf course again, stepping out of your car again, gathering your clubs, and walking to the range... Breathe.

Now witness yourself right here, on the range, with the club that's in your hand.

Feel the golf club... do you feel it?

Smell the grass... do you smell the scent of fresh grass?

Breathe deeply three times and get present and ready to go play on the course.

As Nick was breathing, I was breathing, too. I was grounding him in the present moment. I was also grounding myself, making myself fully present in the moment.

When I could tell he was calm, I asked him ***to remember his best round of golf.***

What did your swing feel like? How was the tempo? What did it sound like when you struck the ball? What does your swing look like when it is in its best form?

Then I asked him to take some air swings (practice swings that don't connect with the ground).

Feel the tempo, feel the shot, imagine your best shot, imagine your best round of golf.

After a few air swings, I could see that his baseline tempo was returning. I asked him to stay in the moment while remembering his best swing and the times when he was playing at his best.

After a few minutes, I set a ball in front of him and bang... he was back... just like that!

He looked at me, flabbergasted.

He hit a few more balls with the same stellar results. I smiled and said, "We just needed to get you out of that meeting and onto the golf course!"

He was astounded by the instant improvement, and incredibly grateful. After we parted, he "teed up" with his group at 12:00 and finished with the lowest score of the day.

Nick's was a classic case of someone experiencing an unhelpful "out of body" experience. And it took just a couple grounding techniques to bring him back. It was magnificent.

But it wasn't until a dozen years later and some esoteric lessons that I realized what I was doing. It's called "grounding."

Today, grounding is the first thing I do before every lesson I teach, so I'm completely present and noticing how my students are doing **before** they even swing a club.

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Some of my earlier students asked, “How do you know I’ve had a difficult day?” I told them it showed up in their golf swing. These days, I look for “out of the body” students even before they take their first swing!

When you aren’t fully present, your golf swing becomes tight, overly (and inexpertly) controlled, and fast. Grip pressure increases and golf swings turn wonky.

The trick is to find an instructor who will notice that **wonky isn’t** your normal baseline swing and **not** try to fix it! Trying to fix a wonky swing is like putting a band aid on an internal injury: it will do nothing and can make it worse! Wonky swings are “out of body” swings, not your natural movement.

And golf instructors, whatever you do, do not teach to wonky swings! Know your students. Ask them questions before giving advice.

Ask about their bodies, ask about recent and past injuries. Get inside their heads. Ask lots of questions *before* dispensing advice.

As a golfer, do your best to ground yourself and get totally present before you step onto a golf course. Leave all your baggage in the car. Clear your mind of every distracting thought. Allow yourself the pleasure of *being completely present* at your golf course. If you do that, you’re almost 100% right where you need to be (mentally, physically, and

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emotionally) to play amazing golf with the best of them!

Deal with all outside issues after golf. When you take issues to the course with you, your round is far more likely to disappoint and frustrate you.

High Vibrational Golf

Do you have to be a great golfer to play high vibrational golf? Of course not! You can play high vibrational golf, tennis, soccer (football), polo, volleyball, track, cycling, shooting, or any other sport at any time. You can even start “vibing” at the office! In fact, **when you become grounded, you can do anything.**

The grounding technique has been used for centuries. It is a simple, straightforward way to get into the zone or present moment, or what I prefer to call **grounded golf**. Grounding is a fast-track way to play high vibrational golf, and it's exciting to be in. Senses heighten, clarity happens, and you truly feel and play the golf course without the slightest worry or fear about how well you'll perform.

I think of grounding as very much like what you see visually in the movie *Avatar*. When the native people are connected to the tree of life, they see and feel the core of all energy. These days, kids days call it “vibin’”. You can play some pretty great golf when you’re “vibin.’” Grounding is essentially “hooking up” and connecting to Mother Earth and The Source at the same time.

Grounding has been talked and written about in many contexts, but it hasn't been written in any golf books I've ever read. There have been conversations about *the present moment* in some of my favorite golf books, including *Extraordinary Golf* by Fred Shoemaker and *Zen Golf* by Joseph Parent

and others, but those are as close as anyone I've read has come to the topic at hand here.

Why is this guide different? In essence, golfers can benefit enormously by knowing about how grounding works. The technique takes golf games to the next level because it is essentially a fast track to the present moment, a fast track to the possibility of playing your best golf every day, even under pressure. What's best about it is that when we're grounded, we're exercising our connection to Source, in whatever guise you conceive that to be. When you're grounded, you *experience* the golf course more viscerally, your game is different, you can see the course more clearly, so your golf shots have a whole different feel and purpose. When grounded, you have the ability to really **play** the golf course, not just maneuver through it with the lowest score possible. When you're grounded, the clarity you'll experience is real: you see the exact shot you need, you learn to trust your intuition, you know the club you need to use, you have the swing in your mind, you take a practice swing and feel the shot, see the shot, and then experience the shot. When you're grounded, doubt fades and clarity arrives.

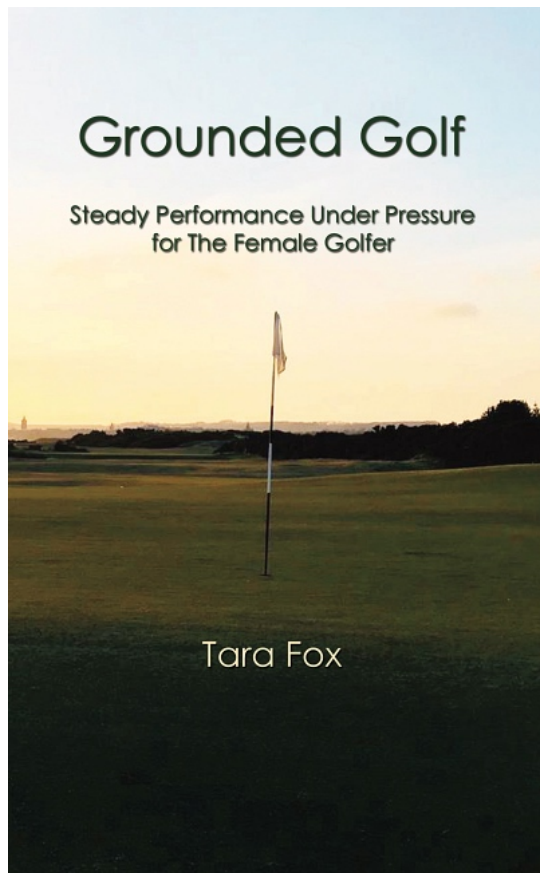
Just imagine playing your best golf every time you play! And it is so easy, your intuition is there and has *always* been, and it's easy to understand when you awaken to it. The golf course is the perfect place to find spiritual connections and use them to better your golf games, and vice versa!

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Source is always with you. Grounding will strengthen your personal faith and allow you to use your vibrational powers to perform at your highest level.

High vibrational golf is at your fingertips. It is possible and easy to access. The more you practice grounding in your everyday life, the easier it will become to ground yourself on the golf course.

Grounded Golf is the missing link to your golf game. After you try it, you'll see the difference. And when you combine grounding with target orientation and tempo, you can perform in every situation. It's time to start performing at your ultimate level.



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