

Grounded Golf

Grounded Golf

Steady Performance Under Pressure for
The Female Golfer



Tara Fox



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First Edition

Grounded Golf

Ground your energy, improve your game

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*Steady Performance Under Pressure for the
Female Golfer*

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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!

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.

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.

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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 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

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The rest of this golf guide may be purchased on Amazon, Barnes and Noble, or BookLocker.

Contact Tara via email at tmigolf5@gmail.com with any inquiries or for a personally signed copy of *Grounded Golf*.