

## BREAKING THE TRANCE

## on GOLF

## Using Hypnosis To Improve Your Inner Golf Game

By Todd Stofka

**H**ave you ever choked on a short putt that meant so much to you? You wonder how that can happen. So many long putts roll right into the cup when you've been playing so badly that you no longer care about the score. And then when you're having a really good game, in the lead perhaps, you miss the shortest easy one. The reason is quite simple. You knew the important putt wouldn't go in before you even took the putter out of your bag. This is where using hypnosis to improve your golf comes in. Hypnosis will not help you learn the proper mechanics of the swing. What it will do is help you to transfer that knowledge from your head into your body. Hypnosis will help improve your golf game in the area most golfers struggle with, the mind. Using hypnosis to improve your game can turn out to be the most crucial way to lower your score. Your customized hypnotherapy treatment plan can deal with your individual struggles and limitations.

**I went through a period where I just couldn't pitch near the green if my life depended on it. I would try to hit down on the ball, accelerating through the swing, visualizing the ball making a beautiful arch and landing right near the pin the way I had been taught. Yet I would decelerate with fear instead of accelerating with confidence, and then I'd watch my ball soar way past the green. At the end of one such frustrating game, while walking back to the clubhouse, I came across stray balls from the driving range. I casually hit one back to the range using my wedge. I was probably thinking to myself, "This one will be perfect now because it doesn't count." Sure enough I hit a beautiful pitch. It made a perfect arch and landed right where I aimed. I walked from stray ball to stray ball placing them all perfectly back onto the driving range making beautiful shots. And all with my pitching wedge of all clubs! My hypnotist would be the first to tell you that my body clearly heard the part of my thought that said, "This one will be perfect now because..." Yes, I was so certain I even had a reason.**

**I remember once reading that Marlene Floyd said that one of the differences with an average player and an excellent player was that the average player looks at the green and thinks, "I'll be happy to see this one land anywhere on that green." And then it does land "anywhere on that green." The excellent player thinks, "This one is going to land right next to the pin." And it does, land right next to the pin. Most great players are aware of how important thought processes are when playing such a psychological game as golf. But people are only just now becoming aware of the extent to which they can learn to manipulate their own thoughts using hypnosis, thereby lowering their golf score.**

**The reason that hypnosis actually works to improve your golf game is because it deals with the psychological aspects of the game. A qualified hypnotist can teach you how to control your thoughts, stay focused and not sabotage your own game. A regular golf teacher can only teach your mind what your body must do. But it is the hypnotist who works with you to improve your game and who can teach you how to transfer that knowledge right into your body. Your mind needs to be in tune with what you are trying to do. While some people will blame the clubs and invest in new expensive clubs, it is those investing in hypnosis to improve their game that are finding the key, that vital and fundamental way to lowering their score.**



Todd Stofka is one such hypnotist working in the Philadelphia region. He combines hypnotherapy with NLP and all the latest techniques. He has been successful in his practice to effectively facilitate exceptional change for people struggling with issues such as sports and executive / business performance. He also experiences much success in using hypnotherapy for weight loss and stopping smoking. Contact Todd at

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