Golf Zone Programming

by Jeff Richmond
Golf Zone Programming

This program is all about setting up a habit so that over each shot you automatically and naturally get into the zone.

Now there are only two ways to mentally swing a golf club...

1. Consciously, or
2. Subconsciously

But unfortunately or fortunately when a person reaches adulthood their conscious mind has developed its full unequivocal function which is to question, to doubt, to challenge all facts that are put before it. Your conscious mind demands to know the reason for all actions and this unfortunately or fortunately severely reduces the ability for you to imitate without question.

Now I say unfortunately or fortunately about an adults ability to imitate because I'm sure it doesn't take you too much of your imagination to think of what would happen to society if adults imitated actions they saw without question!! BUT as a golfer you absolutely must learn to imitate good golfers swings if you are to improve QUICKLY!

The ability to swing the club automatically by using your subconscious mind is critical to your ongoing consistency and enjoyment in this great game. BUT you do need to use your conscious mind before hitting every golf shot. For example when you approach a golf shot you need to analyze the situation and weigh up all the options and then come up with the best solution for the problem at hand.

"Approach every golf shot as though it's a problem that can be easily solved, simply by asking the right questions."

Unfortunately adults carry this problem solving ability (using the conscious mind) over to swinging. Asking questions about how they're going to swing the club, doubting their ability to hit the ball to their potential and challenging the fact they've hit good shots with the reality that they've hit more bad shots than good ones.
The golf swing must be performed by the subconscious mind to remain consistent because it has no reasoning ability, it accepts everything as fact. When you were a child your subconscious mind was all-powerful, with your conscious mind subservient but ever growing until you reached maturity, when the roles reversed.

As an adult your subconscious mind is waiting to receive information from the conscious mind which has been filtered and screened until the final stamp of approval is given and then it's sent to the subconscious mind for recording so it can be acted upon.

An infant learns to walk and talk and feed themselves by imitation. A youth learns to swim, run, ride a bike and swing a golf club by imitation. The conscious mind does not interfere unless the action does not produce the desired results.

As adults, when learning anything, the conscious mind demands not only instructions and being shown what to do, but the instructions must contain thorough explanation as to the how's and why's of the instructions.

As you're probably aware by now you do not play your best golf with a mind filled with rogue thoughts. The only way to swing with a so called "blank mind" is to use the subconscious mind while swinging the club and to keep the conscious mind occupied so it can't interfere. And to do this consistently you need to learn how to do the following two things...

1. Switch off your conscious mind just before you start your swing, leaving your subconscious mind free to swing the golf club to the best of your ability.

2. Program your subconscious mind with the perfect golf swing for you.

To help you start doing this consistently, I'm giving you a very special audio to listen to.

On the Zone Programming Audio you'll be lead into a deep state of relaxation. And learning to relax deeply is great because it allows you to shut off your conscious mind like turning off a tap. This means you can reach your subconscious mind with any thoughts, images or ideas that you want to be acted upon.
When you learn how to do this it will...

- Help you to play shots without any conscious fear.
- Let you hit shot after shot with "relaxed concentration."
- Allow you to practice much more effectively in your mind than you have ever done physically on the driving range.
- Fill your mind with positive statements that will get acted upon automatically.
- Let you fix golfing faults quickly and easily.
- Program your subconscious mind with the swing you want.

Now you've undoubtedly wasted many, many shots because of your conscious mind interfering in your shots (i.e. telling you how to swing the club or what to avoid etc.). And you can only stop this from happening by learning to swing with your subconscious mind consistently.

**How are you going to do this?**

Well, when playing a golf shot you need to have a technique to distract your conscious mind and allow your subconscious mind free reign to perform the swing that you have programmed yourself with.

Because without a technique to distract your conscious mind it is always in a constant state of flux.

And to demonstrate how hard it is to "try" to quieten your mind consciously, try this. Right now see how long you can hold one single thought of a **pink elephant** in your mind before another thought comes along.

It's not long is it?

And it will never be long even if you practice this forever, because of the fact that your conscious mind's purpose is to **analyze, question and doubt**.

So unless you learn how to consistently swing with your subconscious mind your golf game will never be consistent and you'll always play well below your potential. Because the times when you've hit your best ever shots and played your best ever rounds are the result of you automatically swinging with your subconscious mind.
But as you've already proved to yourself, if you "try" to consciously quieten your conscious mind, you'll end up fighting with your mind and you'll get worse instead of better.

Now golfers that play nowhere near their potential almost always swing with their conscious mind, which means the subconscious is not free to swing the golf club. And this means most golfers consistently play well below the potential they're capable of.

You can quite easily tell after every shot you hit whether you've used your subconscious or conscious mind to hit the ball.

How?

Simply by being aware of any tension in your body after the shot. If you have any major tension like you've been **consciously controlling the shot then you've used your conscious mind to play the shot.**

And here's another great way for you to see for yourself the difference between the subconscious and the conscious mind. In the left-hand box I want you to sign your name and as you do notice the way the pen flows over the paper. Great! Now I want you to try to consciously copy the signature exactly as you've just done it, this time in the right box....

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**Did you notice the big difference between the two movements?**

See, trying to consciously copy your subconscious signature you would've noticed how slow, forced, and unnatural your hand moved as opposed to the free flowing actions of the first signature. This is because your conscious mind produces tension when trying to copy anything.
So your perfect golf shots are clearly produced by your subconscious mind. But when you consciously try to copy what you did to hit that perfect shot you naturally get the same forced, unnatural result that you received when you tried to consciously copy your signature.

Clearly the only way to copy what you did to hit your perfect golf shots is to reproduce that mindset. And the only way to consistently do that is through using your subconscious mind to automatically swing the golf club. The best way of doing that consistently is by using the tools I'm giving you.

Having said that, to get to and to use your subconscious mind you need to understand the relationship between it and the conscious mind.

OK, think of your mind as divided in two with the subconscious on one side and the conscious on the other, and between them is a wall.

All information you receive is thoroughly analyzed by the conscious mind and then once it has been tested against logic, knowledge and experience it is passed to the subconscious mind for action. But when you are deeply relaxed this wall is removed so that you can reach your subconscious mind directly without information being analyzed or discredited by the conscious mind.

You see, the subconscious mind has no reasoning power and it acts on any image, feeling or words that reaches it. And the conscious mind is what separates humans from every other life form on this planet because of its great capacity to question, reason and analyze.

Your conscious mind is constantly taking in information, analyzing it against experience and knowledge, then after the stamp of approval goes on the information it is then given to the subconscious mind to be recorded.

Thankfully when you're deeply relaxed you can change any recorded piece of information because your subconscious mind has no filtering system, it just accepts everything it receives as the truth and records it as a fact.

And that's what you're going to be doing when you're listening to Zone Programming Audio over the next 60 days -- programming your subconscious mind with positive suggestions what will automatically improve your golf game. Not to mention having the special technique to get into the zone every single golf shot!
And here's the format of the instructions that are on the **Zone Programming Audio** and how they're going to help you to program your subconscious mind with positive golf improvement suggestions.

1. First of all you need to relax. So that is the first part of the audio. This progressive relaxation part of the audio bores the mind and guides you into a deep-relaxed state.

2. Once your body is relaxed you then open your eyes to select an object above eye level that causes a slight strain to your eyes. You then stare at your selected object and count down, so that on your last number you close your eyes. If you can't resist closing your eyes when doing this that's great. But if you don't feel a strong desire to close your eyes close your eyes anyway.

3. Next, we have a section that deepens your relaxation in your mind to help slow down your conscious thoughts even more. This allows the suggestions that you are going to be given the chance to be accepted more easily.

4. Just before we get into the suggestion part of the relaxation script we must first open our minds for the suggestions to be easily accepted. This is called introduction prior to the suggestions.

5. Next we come to one of the most important parts of the entire script, but without the preceding parts this suggestion part would not be effective.

6. Then the final part of these instructions leads you out of the deep relaxation state you were in.

So how are you going to get into a relaxed focused state before each shot? Well the instructions I give you on the **Zone Programming Audio** uses a trigger that enables you to go into a relaxed focused state anywhere, anytime. Here is the part of the audio that mentions the keywords that will enable you to do this...

"**These keywords will enable you to go into a relaxed focused state, or if you are already in one, go into an even deeper one.....Yes, in any situation, all you will have to do is to relax and repeat in your**..."
head, the keywords and you will immediately be relaxed and focused, or, if you are already in a relaxed focused state, through these keywords you will be able to reach an even deeper state of relaxed concentration."

The key words on the audio are one, two, three. So anytime you want to go into a relaxed focused state after listening to Zone Programming Audio for a while, all you need to do is say inside your head one, two, three. Once you’ve programmed yourself to be able to fall into a relaxed focused state by saying these words to yourself, then you can start to incorporate this into your pre-shot routine. To briefly explain how this is going to fit in, I'll explain the concept.

What you are going to do on the golf course is to use the golf ball to fixate your conscious mind and by focusing on the golf ball and counting to 3 this will automatically put you into a relaxed focused state so you can play each and every shot automatically with your powerful subconscious mind.

If you think back to any bad shot you've hit you will remember how your mind wanders and takes in a little bit of everything. As you're over the ball you will smell a little, see a little, feel a little, hear a little and you'll be conscious of all these little events happening around you.

But you see the problem with this conscious control is that your attention is not focused on any one particular thing. In other words your mind is in a constant state of flux and this is not conducive to great golf shots.

Once you've learned to relaxed deeply and you use the code words on every shot then you will cut off wandering conscious thoughts and this will leave you totally focused on the task at hand which can only lead to incredibly positive results.

To fully understand what is going on here you should know a bit about a conditioned reflex. A conditioned reflex is either a psychological or physical response to a specific stimulus that is the result of consistent and repetitive use, and once it's conditioned it then becomes automatic.
One of the main goals of the **Zone Programming Audio** you now possess is that each time you listen to it you will be building up a conditioned reflex to put yourself into a relaxed and focused state simply by saying 1,2,3 inside your head. And by the way I've added a suggestion to the script that means that only you can put yourself into this state using these numbers. So don't worry you'll always be in control, don't think every time you hear the numbers 1,2,3 you'll fall into this state, because it just won't happen.

Now, habits are what control your life and these create either good or bad results. Habits are an essential part of your life, for example, just think if each time you woke up in the morning you had to learn to walk all over again. Wouldn't be much fun would it?

Fortunately through practice and repetition you've created a conditioned reflex that when you want to walk somewhere you're body complies without hesitation. Once you've ingrained the correct habits for walking this information was turned over to your subconscious mind so that each time you wanted to walk it was a natural and effortless movement.

So for the **Zone Programming Audio** to be of any benefit to you, you must create the habit of being able to relax and focus yourself anywhere and anytime you want. And you can do this easily and simply by repeatedly listening to the **Zone Programming Audio** you now have.

Remember, success using that audio is gained only through constant and consistent use and practice. Like any habit the conditioned reflex you need to swing with your subconscious consistently is only gained through use, and it is impossible for anyone to say how long it will take for you to be able to induce a relaxed and focused state on the count of three. *But I will say this, it can be achieved by anyone who consistently follows through and just listens to the Zone Programming Audio on a regular basis, like every night.*

It's not really that hard to listen to an audio in bed, and the benefits are amazing, so much so that once you start using the audio you'll want to keep using it more and more. The feelings it gives you are like nothing else.

And if you're worried about giving up control to your subconscious mind, don't be. Don't you trust your subconscious to breath, walk, eat, drive a car, raise a glass to your mouth and do a million and one other things without conscious effort?
If you give your subconscious precise and accurate directions it can be trusted far more than your conscious mind, because your subconscious has no power to question, doubt, or reason, and it cannot change any message or instructions that have been given to it.

Please remember that to ingrain any new habit takes time so don't expect to induce a relaxed focused state as a conditioned response in an hour. You will only be able to use this amazing technique if you persist and realize that like any habit you've formed it takes time. Through regular practice you'll speed up the amount of time it takes. So make sure you practice every day to learn this new habit that will make golf more enjoyable for you than ever.

Just think how long it took for you to learn how to talk and no doubt even though you probably wouldn't remember there would've been times when you were trying to tell your parents something but they just didn't understand. Even though you would have been discouraged you continued making the effort to talk until you could be understood. 

**Persistence pays off in whatever you do.** So keep persisting no matter what. Just keep listening and you will be building up that conditioned response each time you do it. So keep at it, the results are well worth the time and sacrifice plus you'll sleep a lot better too.

Now you'll find being in bed to listen to the Zone Programming Audio is most satisfactory. And if you fall asleep while listening to the audio that's fine. The suggestions will still reach your subconscious mind even while asleep. Now you might achieve a relaxed focused state the first time you listen to the audio or you might achieve it after weeks of practice. But the most important point to remember is that you must preserve until you are conditioned to go into a relaxed focused state upon giving yourself code words.

OK, here are the words that are on the Zone Programming Audio that are going to help to ingrain the 1, 2, 3 trigger into your mind:
The Zone Programming Audio - Relaxation/Automatic Programming Script

Here are the words before the suggestion part of the script. This part is warming you up for the suggestions on the audio...

"Now that you are totally relaxed, now that you are in the deepest possible relaxed state, I can give you the keywords…. These keywords will enable you to go into a relaxed focused state, or if you are already in one, go into an even deeper one…..Yes, in any situation, all you will have to do is to relax and repeat in your head, the keywords and you will immediately be relaxed and focused, or, if you are already in a relaxed focused state, through these keywords you will be able to reach an even deeper state of relaxed concentration. ...When you use your code words on the golf course, you will be able to come out of this relaxed concentrated state quickly and easily by saying silently in your head "coming out of relaxation, I am confident and happy." Only you can put yourself in a relaxed focused state by saying these keywords inside your head. Now, here they are: your keywords or, if your prefer, your code words, "One, Two, Three"....To deepen your relaxed, focused state, say, “One”...“Two”....“Three”......and you repeat in your head, “One” ......“Two” ......“Three”."
Here are the words on the audio that you are going to be programmed with...

"You make golf look easy and fun. You feel so motivated and excited about how fast all aspects of your golf game are improving. You approach every golf shot with the relaxed confidence of a champion, because you are. Before every golf shot you pick out a precise target of where you want your ball to finish. You then ask great questions before each golf shot that allows you to easily picture and imagine your ball travelling and finishing at your intended target. You then ask the appropriate questions that allow you to pick the club that will give you the most chance of hitting your ball to the target you’ve selected. Then you ask great questions that help you to visualize yourself playing the upcoming golf shot perfectly. And as you’re watching this movie in your mind it gives you an awesome feeling of confidence and self-belief. And as you continue to follow your systematic mental pre-shot routine you feel totally relaxed and comfortable and you are 100% confident that you will repeat what you’ve just vividly visualized in your mind. Then as you move into your setup position you move your body with absolute confidence. Then once you’re ready to play your shot you stare at the golf ball and then count 1......2......3......and on three you fall into relaxed focuses state and at this point you start your swing automatically as it is produced by your subconscious mind. And
during your swing your conscious mind is focused on the golf ball and your subconscious mind automatically swings the club just as you’ve visualized and this means you only have enough tension in your muscles to hit the ball exactly as you want. At the end of your swing you have a perfectly balanced relaxed follow-through which you hold until your ball has stopped moving and at this point you say to yourself “coming out of relaxation, I am confident and happy’ and you come out of the state quickly and easily. You repeat your simple mental pre-shot routine for every golf shot you play and this means you play golf consistently to your potential, which gives you maximum enjoyment from each and every golf game you play. And you make golf look easy because you are consistently becoming a better and better golfer which gives you so much positive enjoyment. You are very relaxed and at ease at all times on the golf course and this allows you to enjoy every aspect of your golf game. Every shot you face is easy and fun because golf is only a game. You are consistently improving every aspect of your golf game because of your newly found drive and enthusiasm for the game you love. You are hitting every club in your bag longer than you ever have before with an easier, more relaxed swing and this has dramatically increased your overall enjoyment of playing golf. You make golf look easy and you enjoy so much the improvement that you are seeing in every aspect of your golf game. You have an aggressive, confident pitching action and
you love to attack the pins with your pitch shots. Your pitching action is firm and positive and you make pitching look easy. And everyday in every way you are becoming a better and better pitcher which means you make golf look easy. You have a great delicate touch when you chip and this allows you to have fun chipping the ball in the hole. Everyday in every way you are becoming a better and better chipper which means you make golf look easy. You can up and down it from anywhere because you have the best short game in the world. You love playing out of bunkers and you enjoy the confidence you get when faced with any bunker shot and this means you make every single bunker shot look easy, because they are easy. Everyday in every way you are becoming a better and better bunker player, which means you, make golf look so easy. You have fun stroking in short putts with confidence. You are an aggressive, confident putter and you love holing putt after putt with ease. Everyday in every way you are becoming a better and better putter which means putting is easy and fun. You are a great judge of the line and weight of any putt and this means you can hole putts from anywhere. You are the best putter in the world and every hole on every green looks as big as a bucket. You make putting look easy, because it is easy when you're the best putter in the world. Everyday in every way your swing is getting better and better and this means you make hitting the ball look easy. You have a beautiful, powerful fluid swing and you always swing with great balance and poise. You make golf look easy, because it is
easy. Golf is only a game and this means you play every golf shot with a 
relaxed, powerful peaceful mind. Golf is a simple easy game for you 
because you play each shot with an automatic, effortless swing. You focus 
easily over every shot you play because you have learnt to concentrate while 
being relaxed. Every hole you play provides you with a new challenge and 
you love and enjoy each new challenge. You're hitting the ball longer than 
you ever have before because you're swinging the club with more power, 
fluidity, rhythm, balance and grace than ever before. You are consistently 
holing more putts than you ever have before because you are putting with 
the confidence of the best putter in the world, because you are. You are 
holing more chip shots than you ever have before because you are chipping 
with the touch of a short game magician, because you are. You are pitching 
the ball closer to the hole more consistently than you ever have before 
because you have the confidence of a master pitcher to attack the hole. You 
are consistently getting every bunker shot closer to the hole than you have 
before because you are a great bunker player, the best in the world. Golf is 
only a game and you love playing it for the enjoyment, satisfaction and 
happiness that you get from consistently improving every aspect of your golf 
game.

How Do You Know You Are Doing This Right?

In this script there was a section where you select an object above eye level 
and you stare at that object and on the count of 3 you close your eyes. If
while listening to this part of the script you feel an almost uncontrollable urge to shut your eyes, and you do shut your eyes, then you're in a deep state of relaxation. **If you didn't feel this strong urge you should shut your eyes anyway and keep persisting because it will happen with constant use.**

Once you've formed the habit of deep relaxation *(which means you can go into a relaxed focused state on a count of 3)* then you should insert this into your pre-shot routine simply by fixating on the ball, just like you do when you fixate your stare on an object in the Eye Closer Test. Then simply count from 1 to 3 and then swing automatically using your subconscious mind.

When you do this your conscious thoughts will be occupied by the ball. This will leave your subconscious mind free to swing the club. **When you have reached this point you will not believe how much fun golf can be!**

You’ll finally feel what it’s like to swing a golf club without conscious interference. You’ll love it, I guarantee it! And with that being said, here is exactly what you should do...

Listen to the **Zone Programming Audio** as much as possible. Your goal should be every day for 60 days. After at least 7 days of listening to this audio then implement the 1 to 3 count into your pre-shot routine. To do this, when you’re ready to swing simply look at the ball and count from 1 to 3 and start your swing. Then at the end of each swing say “**coming out of relaxation, I am confident and happy**”.

What I’ve given you in this program is very, very powerful IF you listen to the audio for 60 days and then start to use the 1 to 3 count as part of your routine.

To do this I suggest you listen to the audio for at least 7 days straight. While you're doing this, print out the golf zone golf balls sheet and get it laminated.

Once laminated then cut out the balls.

Then after the 7th day of listening to the audio simply get a space to swing a golf club. I recommend you start with your putter and build up to the full swing.
So place one of your laminated golf balls on the ground. Setup with your putter to this ball. Then find a spot on the ball that gets your attention and say inside your head..... 1...... 2 .... 3. Then swing and at the end of your swing say "coming out of relaxation, I am confident and happy".

Then do this at least 10 times and leave it for that day.

Then the next day do a few putts with this technique and then add some chipping swings in.

Then the next day do a few putts, a few chipping swings and then do some half swings with a pitching wedge.

Finally, the next day, do a few putts, a few chips, some half swings and then finally do some full swings with this technique.

You should still be listening to the audio every night. Nothing changes on that front. Try to listen to it every day.

After you've built up to full swings with the laminated golf balls then you can start using the technique while hitting real balls.

I suggest when you start doing this you don't choose a target to hit to. You just want to focus on doing the technique without concern for whether the ball is going at your target.

Once you've gone through this process you simply need to make sure you do the 1, 2, 3 trigger before each shot, and then afterward say you're coming out of relaxation. That's important.

This will get your mind into a great state each and every shot, BUT it won't guarantee that you will hit great shots every time. Even the best golfers in the world hit bad shots. Don't give up on this with a few bad shots. And don't expect great shots. The best way to play golf is without expectations.

So there you go.

That's an amazing technique to get yourself into the zone every shot.

How hard is it to listen to an audio for 60 days and then look at a golf ball and count from 1 to 3?!
If you do that and use the 1 – 3 count to start your golf swing you’ll make huge improvement in your golf game without really trying. So please use this audio and notice your golf scores getting lower and lower.

And if you have any questions just ask me.

Kind Regards,

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