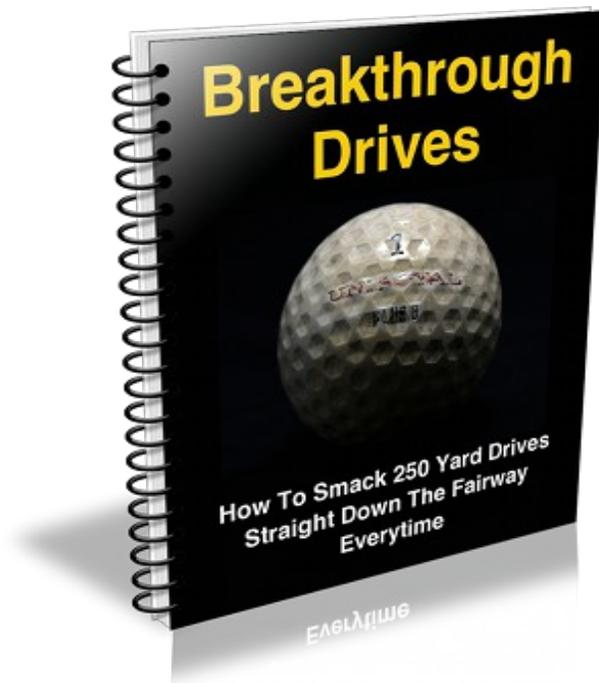


Breakthrough Drives!

How to Smack 250 Yard Drives Straight Down the Fairway on Every Hole Starting Tomorrow, Guaranteed



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In this Special Report, you are going to learn how to unlock the inner forces of your mind to hit smooth, powerful, extra-long tee shots straight down the fairway.

For best results, print it out and answer the questions in it.

The Problem

If you're like most golfers, you've struggled to develop a swing you trust, get more distance quickly and easily, and lower your golf score consistently.

The statistics bear this out.

The National Golf Foundation breaks golfers into two categories: category one is the core golfer, who plays at least 8 times per year, whereas category two is the occasional golfer, who plays 7 or fewer rounds per year.

In the U.S., there are 15.7 million core golfers and 14.6 occasional golfers for a total of 30.3 million golfers.

Of these players, the average score for men in the core group is 97.

The average score for women is 106. (We won't even talk about the average score for occasional players).

The average player in the core group plays roughly 37 times per year or 3 times a month.

Percentage wise, the score numbers break out like this:

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Score Percentage of Players Who Shoot It

Under 80	8%
80 – 89	20%
90 – 99	31%
110 – 119	30%
120 and up	11%

Players who golf at least three times per month are averaging scores between 97 and 106. Only 28% of golfers are breaking 80.

What's more, handicap statistics compiled by the National Golf Foundation and United States Golf Association show that most golfers establish their level of competency after a few years.

After that, they seldom vary their scores by more than a stroke or two.

Maybe you can relate.

Whether you've wrestled with golf psychology books, "how-to" instructional videos — or have taken personal golf lessons — some of you have been disappointed.

They talk about swing plane, hip rotation, and ball position, and it all seems so complicated and so much to learn and remember.

What a chore.

After all, you just want to be able to bomb your drives down the middle of the fairway, show off a little in front of your friends, and really enjoy yourself at the golf course...is that too much to ask?

Definitely **NOT**.

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Here's the good news:

I guarantee that if you do the simple things I suggest in this Report, you will make a quantum leap with your distance and lower your score.

Skeptical?

Maybe so.

But what if what I'm about to tell you is true?

The reason why I can make this promise is because I know that most golfers' lack of progress with their drives is due to their improper mental approach to the game.

You see, golfers tend to obsess over technique and equipment. They neglect the mental game of golf enormously.

This is a huge mistake.

You already know this, because if you've tried to "fix" your swing or golf drives using technical instruction alone, it's likely you haven't gotten very far.

You don't know me yet, I realize, but I'd hate to think of you wasting your time and money on improving your golf game only to find that your approach was flawed from the beginning, based on an incomplete notion of how true power and consistency is achieved with your drives.

That's where I come in. I'm an elite athlete **AND** a golf mental game coach. For over 14 years I've worked with thousands of professional and weekend golfers, just like you... helping them master the mental side of the game and gain a competitive edge.

I currently serve more than 21,234 online golf members in over twelve countries including New Zealand, Australia, Great Britain, and the United States. Olympic and national team athletes in many sports including hockey, badminton, speed skating, and curling have routinely paid \$300 per session for private coaching. It's been my lifelong career.

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Over 14 years, I've discovered exactly what works and what doesn't work when it comes to unlocking your mind so you can bomb long drives down the fairway on a regular basis.

It doesn't matter if you are struggling to break 100 or a scratch player; the secrets I will share with you will elevate your golf drives and your performance to the next level.

The beauty of the mental game approach is that these techniques are not super-complicated theories that take a countless number of hours and practice swings to learn.

They are simple, easy-to-understand principles for smacking the ball 250 yards that that every golfer should know and internalize.

In this Special Report, I'm going to share with you the first incredible, dead-simple trick to unlocking your best possible swing.

The Origin of the Discovery

Here's what this discovery is all about.

I'm an athlete just like you, except in a different sport (the Canadian sport of ringette, which is similar to ice hockey).

I love my sport, but for the first 14 years of competing, I was what you'd call a 'mental marshmallow.'

I had wild confidence swings from one game to the next. I never knew why, and it hurt me all the time.

Even when I practiced and prepared with 100% intensity, I'd often find a way to choke in big events.

My insecurity reached its zenith at the 1991 Nationals, when we lost with one second left on the clock.

It's hard to express my despair over this game in words.

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Losing hurt, but my deepest anguish came from the fact that I had choked in the biggest game of the year.

Worse, a friend of mine scored all 5 of our goals...but I wasn't happy for her.

Outwardly, I pretended to be happy. **"Well done, Shauna. Way to go."**

Inwardly, I was eating my heart out.

I wanted to be a leader, but I had no idea how.

Exhausted and depressed on the plane home, I broke, letting in the fear and shame I had been shutting out for years.

That's when I made a promise to find out what superstar athletes knew that I didn't.

I wanted REAL answers...

Not something a guy with a PhD wrote in a book.

Fortunately I was a very stubborn athlete...obsessed with finding **"The Answer."**

After years of under-performing too often, I decided to do something about it and embarked on a mission to find answers.

These answers didn't come overnight.

I did all the traditional sports psychology stuff (some of it was great, but some of wasn't...and actually made me **WORSE**).

I threw out the ideas that didn't work and spent several years carefully researching and testing new (even radical) mental toughness strategies on myself and other National Team and Olympic athletes in Canada.

My stubbornness paid off.

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Through trial and error, I discovered mental game secrets I would have never thought could unlock the inner forces of your mind in sport and golf.

The Turning Point...

Three weeks before my first World Championship, my coach gave me a tape and said, "*Just listen to it.*"

It was a simple visualization audio.

Every night for three weeks I visualized playing at the Worlds before falling asleep.

I don't know why, but I kept getting an image of a tie game.

And then I would score to win it for Canada.

Pretty nice daydream, hey?

I didn't think much of it at the time.

Until the REAL final game, when the score was actually tied 5-5 with 1:25 left in the game.

I skated in, did a simple fake, and **BAM!**

Goal.

Gold medal at the Worlds.

Coincidence? Not in my mind.

But I still didn't talk about it to anyone. Not even my sister, who played on the team...until the next World Championship, two years later.

Once again, the score was tied 5-5 in the final. Only this time, there was less than 30 seconds left.

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I skated into the corner and picked up the ring. There was only time for one more shot.

BAM!

Goal - backhand, glove side.

Another gold medal.

This time, I was sure. I was sure that the mind could, in fact, dictate athletic performance. I tried to tell my teammates about it, but most of them just smiled. One of my coaches even said, *"You're not going to get too into those mind games, are you?"*

Until the next World Championship, two years later.

Yup, you guessed it...another close score. With 5:45 left, we were down by two goals.

I looked up at the clock and thought, *"We need a goal NOW."* We went into their end. My line mates passed me the ring and went and set picks on Finland's defense for me.

"Do it again," their eyes were silently begging me.

Lucky for me, I had done the mental toughness training.

I was ready.

And my team finally believed.

I skated and weaved through the defense (thanks to those picks) and

BAM!

Another goal. 6-5.

Then we tied it up and won the game in overtime.

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Unbelievable.

Three World Championship gold medals, all with a 6-5 score.

These experiences transformed my life as an athlete forever. In all, I played for Team Canada for ten years, retiring only when age forced me to.

I tell my story not to impress you. I'm pretty sure you're not a ringette player. But what I am sure about is that that you have a Dream to be the very best golfer possible and enjoy yourself at the same time.

But, you're getting in your own way. Your **MIND** is bogging you down and crippling your potential.

You see, what this experience taught me is the discovery that most golfers have never been privy to, which is this:

The Mind Is Your Greatest Weapon, the Greatest Club in Your Bag

If you want to hit smooth, powerful, extra-long tee shots straight down the fairway, it's critical that you open your mind to the idea that your mind is your greatest weapon.

What sport scientists the world over now acknowledge is that **all sport performance is led by the mind**. Even Yogi Berra said, **"Baseball is 90% mental and the other half is physical."**

This is more critical in golf than any other sport. Pro Steve Elkington, 16-time professional tour winner, said: ***"The mind is your greatest weapon, the greatest club in your bag."***

But...why?

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How does the mind determine whether you hit the ball 250 yards with drop-dead accuracy...or not?

The Golf Discovery Revealed

The next secret I discovered is why most golfers are so inconsistent with their drives and score.

I wish I could take credit for this revelation myself. But the truth is I stumbled across it in author Tim Gallwey's *The Inner Game of Golf*, and it's this:

The reason why most golfers are so inconsistent with their drives and score is because...

...they are unable to let go and TRUST their swing.

If you want to smack the ball 250 yards straight down the fairway consistently, you need to trust yourself and your swing completely. Says Gallwey:

"The Inner Game is called 'letting happen'. This means gradually building a trust in the innate ability of your own body to learn and perform... Instead of telling your body what to do, let it do what it wants to, let it have its way.

*Don't scold it for mistakes, but let it learn from them. Let your body control itself without any henpecking from your mind. "*¹

ACTION STEP **Self-Trust**

Write down in the space below the last time you let go and completely trusted your swing. Describe the experience in as much detail as you can

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recall. What were you paying attention to and focusing on? What were your drives like? How did you feel during the experience?

What Most Golfers Do Instead

Instead of letting go and trusting their swing, most golfers **PRESS**.

PRESSING is the opposite of self-trust...of letting your body lead...of letting the shot come to you...of letting your swing and its rhythm unfold naturally.

There Are Two Golfers Inside You

The reason you **PRESS** is because there are actually **TWO** golfers inside you, not one.

There's the analytical, thinking golfer who wants to control the ball (Self 1) and the natural genius who knows exactly how to drive the ball and has more talent than you can imagine (Self 2).

Self 1 is the conscious, analytic, thinking, worrisome, egoistic mind. It expresses our fear: fears of losing, not playing well, looking bad...our lack of

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self-confidence and belief in the self, and the lack of the will to win...our self-condemnation, perfectionism, anger, frustration...our busy mind and lack of concentration.

Self 2 is the natural self, the great talent. It expresses the moment when you are in the zone and lose yourself in action. In Self 2, your awareness is heightened and anxiety and self-consciousness is completely forgotten. Enjoyment is at its peak—pure and unspoiled.

PRESSING happens when we allow Self 1 to dominate and override Self 2 on the golf course.

Says Gallwey: *“The more Self 1 mistrusts Self 2, the more it worries; the more it worries, the more it feels it has to instruct the body on what to do and the more it has to “try hard” to make it happen. The harder Self 1 ties, the tighter it gets and the worse it plays. The discouragement and frustration that follows take the fun out of the game.”²*

In *Do Less, Achieve More*, author Chin-ning Chu describes this phenomenon beautifully:

“All my life I want to be a great singer. I have spent more money on voice lessons than anything else.

Eventually, I realized the main reason I was not the singer I wanted to be was that my desire to sing well was so strong that it had caused my mind to hold my voice hostage.

When I sang, instead of just letting my voice go and simply singing, my mind would try and help my voice to sing. I recognized that, in fact, my voice always knew within itself how to sing. It was my mind that did not know how to sing.

As I released my mind from the effort of trying to sing, my voice was freed instantly.”³

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You are now in a very exciting position, because you now realize why your drives (and your score) have been inconsistent – perhaps for the very first time.

It's because you've been putting Self 1 in charge and **PRESSING**, rather than letting go and allowing Self 2 take the lead.

ACTION STEP – PRESSING

Recall the last time you **PRESSED** with your drives. Describe the experience. Did you have fears of not playing well or looking bad? Did your focus or concentration leave you? Did you experience a lack of confidence, a lack of belief in the self, or an absence of the will to win? Did you experience any self-condemnation, perfectionism, anger or frustration?

How specifically did you interfere with your drives and try to restore a sense of **CONTROL** when this was going on? For example, did you give yourself technical swing instructions? Swing with all your might?

Why Golfers PRESS

Most golfers **PRESS** because they are trying to exert **CONTROL** over their drives.

CONTROL really is the crux of the issue.

In fact, the biggest mental challenge of driving the ball in golf is that [we cannot control our distance and accuracy directly.](#)

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Let me emphasize this point, because it's really important.

We cannot **CONTROL** the outcome of our drives directly. If we could, we would hit the ball 300+ yards accurately, every time.

And the moment we become obsessed with something we cannot control, we feel anxiety, stress and nerves. In an effort to get some relief, we put Self 1 in charge and interfere--all in the name of re-exerting **CONTROL**.

It's a vicious cycle. The more you try and **CONTROL** your drives by **PRESSING**, the shorter and less accurate they become.

How Do You PRESS?

The next step to hitting smooth, powerful, extra-long tee shots straight down the fairway consistently is to grasp exactly how you personally **PRESS** (put Self 1 in charge) when driving the ball.

Here are the ten most common ways **PRESSING** shows up when we are driving the ball. Review them with care and complete the action step at the end.

PRESSING Error #1 - Swinging Too Hard

In an effort to get more distance, most golfers are swinging their club as hard as they can – at 100% maximum capacity.

A golfer should never swing harder than 80% of capacity. There is no way to keep proper form, precession, and timing when swinging the club as hard as you can. The reason golfers on T.V. make it look so effortless is because they are only ever swinging at 80% of their maximum. It allows the entire body to keep in sync throughout the entire swing.

PRESSING Error #2 – Gripping Too Tight

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When most golfers try to hit it further, they ‘**white knuckle**’ grip the club without even realizing it. This creates tension and contracts your shoulder muscles, restricting the natural flow of the golf swing.

PRESSING Error #3 – Clenching Your Teeth

Clenching your teeth sounds trivial, but it is the single most common PRESSING error that golfers make. Nerves in your jaw lead down into your neck and shoulders. When you clench your teeth these nerves also trigger the contraction of your neck and shoulder muscles, making it almost impossible to stay loose and relaxed. When this happens, it is very hard to get consistent contact and any bad habits you have with your swing will be exaggerated.

PRESSING Error #4 – Looking Up Prematurely

When **PRESSING**, most golfers lift their head too early (to see just how awesome the shot really was). This will definitely lead to inconsistent contact with the ball, because it's really difficult to hit the center of the club face consistently when you take your eye off the ball.

It also leads to hitting the ball right because it looking up messes with your timing and causes your hands to fall behind.

PRESSING Error #5 – Adjusting Alignment

“I’ve hit it right a lot today, so I better aim this one a little further left.” You should always be aimed directly at your target. However, when you are **PRESSING**, you will be tempted to “**compensate**” and adjust your alignment due to previous errors. This does not work because your body is fully aware of where you are aimed. If you aim left of the pin, your body will adjust itself and compensate through your swing to ensure the ball goes even more right.

PRESSING Error #6 -- Being Hard on Yourself

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A classic way golfers try to control themselves is to punish themselves with a torrent of self-criticism. The idea is that if we browbeat ourselves enough, we'll somehow improve our drives. Of course, this never works, because the more we get down on ourselves, worse we play.

PRESSING Error #7 – Giving Yourself Technical Commands (Do's and Don'ts)

Golfers tend to give themselves a steady stream of technical swing commands about what to do or not do. GA pro John Daly said it best: ***"The average golfer steps up to the ball and starts thinking a mile a minute: 'What's my target line, how's my grip, where are my elbows, take it back low and slow, remember to pivot, cock my wrists, bring my shoulder down and through...with all that thinking going on, it's a wonder every swing doesn't end up a whiff."***

Sometimes we tell ourselves what **NOT** to do. ***"Don't go right!"*** This is even **LESS** effective, because our mind is not capable of registering the negative in a thought command. If the last word you put into your conscious mind is right, chances are, your shot will be going right!

PRESSING Error #8 - Focusing on Results

"I need a birdie." "I have to get this close." This is a classic **PRESSING** error in which we obsess about the results of our drives rather than how to achieve them. Example: to get distance on the ball, we must be totally connected to the rhythm of our swing. But the moment we starting obsessing about whether or not we'll get that distance, we lose connection to that rhythm and our swing suffers.

Even pro golfers struggle with focusing on results. When Vijay Singh won the 86th PGA Championship, he said:

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My focus two months ago was the wrong thing. I was focusing so hard to get to the No. 1 spot that I started not focusing on my own game. Every time I teed it up, I didn't want to play bad. I started making simple mistakes.

Now, I am totally focused on what I am doing, my game, and not worried about the rankings...it doesn't bother me at all.

PRESSING Error #9 – Trying to Hit Shots You Are Not Comfortable Hitting

Let's imagine that with your current swing you tend to slice the ball to the right on a regular basis and find yourself on a dogleg left hole. Most golfers, when **PRESSING**, will try to compensate for their "natural slice" by trying to hit the ball to the left. This is a **PRESSING** error because you don't really know how to hit that shot and you're taking your natural swing out of play...so your errors increase.

PRESSING Error #10 – Going for a Specific Distance

"It's a really long hole, I need 200 yards on this drive." "I've GOT to get it over the water." This is a version of focusing on results that will automatically cause you to swing too hard and lose your connection to the rhythm of your swing.

ACTION Step Way You PRESS

Go through this list and write down the top three ways you **PRESS** when driving the ball. For example, let's say you selected:

1. **Swinging too hard**
2. **Constantly adjusting my alignment**
3. **Focusing too much on results**

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Please describe exactly how you try to get **CONTROL** of your drives using these three methods. Your answer might be something as simple as, **“I think that if I swing harder, my drive will go further. But when I speed up my swing too much, I don’t get consistent contact with the ball.”**

How to Let Go and TRUST Your Swing

This brings us to the incredible, dead-simple trick to unlocking your best possible swing.

We’ve already established that when you are not hitting the ball long and straight, it’s because you are putting your analytical **MIND** in charge (Self 1) rather than letting the natural golf genius inside you (self 2) take the lead.

When this happens, you start **PRESSING**, which causes errors in your swing, low confidence, frustration, and even **‘blowing up’** on a hole.

What To Do Instead

Here are three powerful secrets to putting your natural golf genius (Self 2) in charge so you can begin smacking the ball 250+ yards straight down the fairway.

Secret #1 – High Awareness

The real secret to getting control over a golf drive is high **AWARENESS**.

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When your **AWARENESS** drops, you are literally **not feeling** what's happening in your swing or seeing the ball correctly.

Let me explain using a simple example from another sport.

Carly, one of the best hitters on the Canadian softball team, was not batting well.

I wanted to find out what part of batting Carly had lost **AWARENESS** of.

We were watching her team practice. I asked her to watch the pitcher carefully and tell me **exactly when the pitcher was releasing the ball** by saying the word **“pitch”**.

The first two times she said it, Carly was late – instead of saying **“pitch”** exactly when the ball was released, she said it a fraction of a second after the release.

This told me what had gone wrong with her batting – Carl's TIMING was off. She was reading the pitch too late, and therefore swinging her bat too late.

I told Carly this, and she quickly corrected it and said **“pitch”** at the right time. We then stopped the exercise and chatted for a few minutes. Then I asked her to say **“pitch”** again when the pitcher released the ball.

Once again, Carly started saying **“pitch”** too late, but didn't realize it. I had to point out to her once again that her **AWARENESS** of the timing of the pitch was low.

Why was Carly's **AWARENESS** of the timing of the pitch low?

I'm guessing she was a little afraid of the pitch.

Of course, **TIMING** is only one variable in batting.

Carly could have had a low **AWARENESS** of reading pitches (not being able to tell the difference between a ball and strike).

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In that case, to get her **AWARENESS** up, I would have asked her to say “**ball**” every time she thought the pitch was a ball and “**strike**” every time she thought the pitch was a strike.

Here’s a specific action step to raise your **AWARENESS** of your swing rhythm so you can hit smooth, powerful, extra long shots down the fairway.

Action Step ‘Tick Tock’

When you are driving the ball short, it’s often because you’ve lost the precious connection to your swing rhythm and club head.

You’ve accidentally started **PRESSING** rather than keeping your **AWARENESS** high of your rhythm and the feel of the club head, which is what produces a powerful drive.

The first time you try this focus, do not use a ball. Merely do it with practice swings.

First, as you bring the club back on the backswing, say the word ‘tick’ to yourself. Begin saying the word the moment you start bringing the club back and draw the word out until you are at the very end of the swing such as, ‘Tiiiiiiiiick.’

Second, as you bring the club down towards the ball, say ‘tock’. Again, draw the word out during the entire downswing. ‘Tooooooock.’

As you do this exercise, try to feel where the club head is at every point in the swing. Do not try to control your swing in any way; merely notice how smooth or choppy the swing feels.

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Now, add the ball into the exercise. However, do not tell yourself to hit the ball in any particular way (straight, high, etc.). Even though a ball has been introduced, your goal is to keep your 'tick tock' rhythm smooth.

The first time I put a ball in front of me after using 'tick tock' with only practice swings, it surprised me how tense I got just from seeing a little white ball.

I had unconsciously shifted my focus from my swing rhythm to whether I would hit the ball.

Only when I went back to a genuine focus on my rhythm using 'tick tock' was I able to swing with relaxation...and hit the ball well.

If you're the kind of golfer who needs the technical explanation for 'tick tock' works to create high **AWARENESS**, here's one from Jim Flick, one of the greatest golf instructors of all time:

If you can feel the weight of the club head, it will automatically clear up several different issues.

If you feel the weight of the club head, you can't grip the club too tightly.

If you feel the weight of the clubhead, you can't swing the club too fast. It corrects a number of different evils, including a bunch we don't even realize.⁴

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Secret #2 – Stop PRESSING & Give Control To Your Natural Genius

The next step to smacking the ball 250 yards down the fairway is to stop PRESSING by habitually setting aside Self 1.

Now that you can use **AWARENESS** to exert control over the performance of your drives, you don't need Self 1. You can give control over to your natural genius (Self 2), who will use **AWARENESS** to accomplish things you can barely imagine right now.

You start by making a clear, unequivocal decision to set aside Self 1 and hand the reins over to Self 2. Here's a quick insight to help you.

In Eckhart Tolle's *The Power of Now*, he points out that our PRESSING Self 1 (fear, self-condemnation, and busy mind) is actually not REAL. Says Tolle:

Until my thirtieth year, I lived in a state of continuous anxiety interspersed with periods of suicidal depression. It feels now as if I am talking about some past lifetime or somebody else's life.

One night not long after my twenty-nine birthday, I woke up in the early hours with a feeling of absolute dread. I had woken up with such a feeling many times before, but this time it was more intense than it had ever been...

...The most loathsome thing of all, however, was my own existence. What was the point in continuing to live with this burden of misery? Why carry on with this continuous struggle? I could feel that a deep longing for annihilation, for nonexistence, was now becoming much stronger than the instinctive desire to continue to live.

'I cannot live with myself any longer.' This was the thought that kept repeating itself in my mind. Then suddenly I became aware of what a peculiar thought that was. 'Am I one or two?' If I cannot live with myself, there must be two of me: the 'I' and the 'self' that 'I' cannot live with.

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*'Maybe,' I thought, 'only one of them is real.'*⁵

What Tolle is saying is that Self 1, our **PRESSING** mind, is really a mental fabrication that other people have programmed into us. We take it way too seriously, and need to stop.

Superstar golfers are skilled in the art of setting aside their **PRESSING** mind. They encourage their natural genius to emerge by getting into the **NOW**.

Tiger has often called Earl Woods his best friend and mentor. After Earl passed away in early May 2008, Tiger took a month off before returning for one of the toughest U.S. Open courses, the Winged Foot.

His return for this event simply showed his readiness: **"Dad was adamant of whenever you're ready to play, play,"** Tiger said. **"If you're not ready, don't play."**

However, despite whatever feelings and distractions he may have had off of the golf course, Tiger had to set them aside and focus on his golf game. **"[Once you step past the ropes] everything else,"** Tiger said, **"goes away."**⁶

Action Step **Activating Your Natural Genius**

Play a round of golf by yourself. Go early in the morning, when the course is usually empty, and do not use a scorecard.

Being alone will reduce your distractions. Without your score card, you will learn to divorce your shots from your results.

Before you tee off, bring your focus into the **NOW**. Use your pre-shot routine to practice setting aside Self 1. Turn on your concentration and Self 2 using **'Tick Tock.'**

I recommend that you create a special cue word to signal the dismissal of Self 1 and the emergence of Self 2. One of the most popular cue words is **"OM"** because it has a meditative feel to it. However, you can select any word you want.

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Write your cue word in the space below:

Cue Word: _____

If you don't like using cue words, you can use a mental image. I like to use the image of handing the reins over to a magnificent horse, which represents Self 2 for me.

Mental Image: _____

After three rounds of golf, record your reflections on setting aside Self 1 and bringing out Self 2 before you tee off:

Secret #3

The Blue Ocean Method

Now you are ready to implement the **Blue Ocean Method**, which is the culmination of everything you've learned in the Special Report. To trust yourself and your swing, you must completely let go.

The Blue Ocean Method comes from the classic strategy for letting go from golf legend Jackie Burke as relayed by Jim McLean:

“One day I stopped in Jackie’s office to ask him about driving. Without saying much, Jackie suggested I drive down to Galveston and hit a few balls into the Gulf of Mexico.

Several weeks later I had almost forgotten about those three tee shots in the ocean. But when I passed by Jackie’s office and saw him in there, I remembered. So I

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walked in and said, Jackie, I hit those balls with a driver into the Gulf.

Mr. Burke quickly replied. 'What did you learn?'

I must admit I was not ready to answer, so I just said, 'I'm not sure.' He then asked how I hit those shots. I replied, 'I hit all three balls great.'

Jackie jumped out of his chair and said, 'That's it, you dumb SOB. The secret is to completely let go, pretend you're hitting it into the Gulf of Mexico every time, and for you McLean, think of the Atlantic Ocean, because you know it's about fifty times bigger than the Gulf.'

I never forgot that advice, and it has saved me several times in key pressure situations...You can't be a good driver if you steer the ball. You have to let it go."

The **Blue Ocean Method** works because without even realizing it, you are relinquishing all attempts to CONTROL your drive – both with respect to distance and accuracy.

The message you are giving your body is, "I trust you. Have at it!"

This empowers you and fills you with confidence. It causes you to relax and hit the ball the way you know you can hit it. You have triggered your Confidence Self in an easy, simple way.

ACTION STEP

The Blue Ocean Method

In your next round of golf, imagine on every drive that you are hitting the ball into the Gulf of Mexico. Visualize it clearly and vividly in your mind.

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Make notes on how this exercise affected you in the space below:

You Are Only Scratching The Surface!

If you enjoyed this report, then you'll love my newest course, the **"Breakthrough Drives Masterclass."**

What you've learned in this report today is just **ONE** of many powerful tactics I teach in **Breakthrough Drives**, the most effective training program on the planet for using the power of the mind to absolutely dominate the fairway. Click here to learn more:

<http://www.thecouragetowin.com/breakthrough-drives-masterclass/>

Light it up out there,



Lisa Lane Brown
Author, Breakthrough Drives!

Footnotes

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