

RELEASE STRESS AND CREATE MIRACLES ON THE GOLF COURSE

By Roberto Suarez

A few weeks ago, my friend Jack and I met at the old Miami Springs golf course that we have enjoyed playing for over 20 years, especially when it rains (it dries up fast). On my way there my BlackBerry was shut off from making outgoing calls. My happy and peaceful feeling was interrupted by thinking why one of my business partners had not paid the bill.

I met Jack and for 15 minutes I focused on dealing with solving my phone




problem instead of stretching, doing 5 minutes of Standing Meditation and breathing before my tee time. I blew off my normal routine that allows me to be in a state of flow and quietness in my golf game. As usual, Jack encouraged me to let it go until after the game. Mentally I said I would, but my body was stressed out and not feeling loose. I started the first 3 holes +3, +2, +2. On the 3rd hole I told Jack, today I am deliberately practicing being the worst golfer and enjoy my game that way. I wanted to experience the feeling of being a loser (since I have been playing to my GHIN Handicap 12.2 for a while). At the same time it was a slow day and we joined another twosome on the third hole. On the fourth I kept my commitment, I had an ugly +2. However, I was noticing my feelings and I started to relax. Before the 5th, I meditated for 2 minutes and took 5 deep breaths and held the last one for 30 seconds. I released some heavy energy in my back and head and felt very calm again. Going to the 12th hole one of the guys that we were playing asked me what I did for a living and I told him I coach people in quieting their minds. He said, I can tell, you have been on fire the last few holes and you have been very peaceful since we started playing together. On the next hole, I hit an 8 iron 140 yards 5 feet from the pin. My new friend also hit an incredible shot, but his ball rolled off the green about 15 yards. When he noticed that his ball was



off the green he said “Looks like I need my wedge and putter now.” I was present to his feelings and said “just take your wedge.” He looked at me and said “I like your coaching.” He left his putter, took a good swing and sank it for a birdie. We all went crazy!

At the moment I was present to how grateful I am for having a technique to get back to flow when I feel contraction or stress in my body by being able to quiet my thoughts and getting present to each moment in my golf game. I shot a 48 and a 41, broke 90 despite a horrible start. More importantly I had fun, met new friends and enjoyed experiencing the great shots others created.

After the round, my phone rang and it was working again. Wow, I had not thought about the phone since the 4th hole. What a miracle! 

QUIET MIND TIP:

- Before your next shot, stand straight, unlock your knees, hold the club in front of you (see picture), relax your hands, shoulders and close your eyes.
- Be aware of your thoughts (don't try to get rid of them), and slowly notice the feelings in your body. Put your attention on the tight, heavy feeling(s) and take 3 deep breaths (through your nose). On the last one, hold for 10 seconds and release.
- Open your eyes, stretch your body and go hit the next shot.

Roberto Suarez is CEO of Biz Champions, Inc. – a leadership, training & coaching company based in Miami, Fla. For more information, visit www.bizchampions.com or email rsuarez@bizchampions.com.