

# ELEVATE YOUR GOLF GAME Through Standing Meditation

By Roberto Suarez

At the end of the PGA Championship last year I heard the announcer mention that Tiger Wood's mastery in being present in the moment is what makes the difference in his being the best player in the world.

That thought was echoed in Dr. Robert K. Winters' article "The Mental Edge: Creating a Single Focus Mindset." He wrote, "Throughout the history of the PGA Tour, a single-minded focus has been exhibited in the eyes and mannerisms of great players such as Ben Hogan, Raymond Floyd, Jack Nicklaus, and today in the form of Tiger Woods."

So how can we create mastery of the present moment? How do we create a single focus mindset? There are different methods and techniques golfers can learn to help them clear their mind of negative thoughts. However, to quiet your mind on a consistent basis so it easily focuses on the desired results takes more than just knowledge. Experiencing and practicing how to quiet your mind is what will make a difference in being aware moment to moment in golf.

One technique is Standing Meditation which I learned from my friend and Tai Chi Coach Paul Viera and from Chen Xiao Wang, one of China's Great Masters and a direct descendant of the legendary creator of Tai Chi, General Chen Wangting.

Standing Meditation, done with the correct posture, is a profound and meaningful exercise that leaves you feeling energized, clear, quiet, focused, peaceful and balanced.

It's a simple technique that can be done anywhere, anytime, anyplace. It doesn't require any equipment or a special setting. I practice every morning before I start the day. I also practice for five minutes to focus and eliminate the day's distractions as part of my pre-round routine.

According to Chinese philosophy, attaining Wuji or absolute quiet, void of any movement, thought or activity is a very important factor for improving health and clarity. Standing Meditation, a Wuji exercise, immediately reduces tension (stress), even deep unconscious tension, which usually goes undetected. These tensions contribute to discomforts like headaches, stiffness and other ailments common in our high-stress world. When these deep tensions continue unchecked they can eventually result in injuries, illnesses or even bad golf shots.

Stress blocks the continuous smooth flow of chi (energy, life force). Poor circulation of the chi negatively influences blood circulation causing the body to grow dry, stiff, and unable to optimize organic performance. Good chi and blood flow enables the body's system to be fluid and soft, therefore, successfully functional. With good chi/blood flow the total body will-being natural harmony contributing to a more effortless golf swing.

When you develop the ability to relax completely and go into deep quietness, you will reduce and eventually reverse the damage produced by pressure, emotional and physical strain. You will be able to control

and reduce emotions such as anger, worry, fear, sadness and insecurity. Therefore, your physical wellbeing and your golf game will improve. The opposite happens when the mind is out of harmony.

When you practice Standing Meditation you will experience a quiet and harmonious mind allowing your kidneys to work more efficiently. Efficient kidneys produce more hormones which manufacture more energy/chi flow throughout the body. More flow helps heal your organs, which allows you to become healthier and stronger from the inside.

Standing Meditation allows you to connect with your inner power which helps bring forth the creation and the accelerated fulfillment of intentions. Golfers who connect to this inner power move from what is familiar about their game through the unknown into full awareness which allows them to produce extraordinary results.

Practicing Standing Meditation for 15 minutes or more a day will add to your well-being and your ability to create and fulfill your golf intentions with ease. You will experience deep levels of relaxation, chi flow, and release of stress. By being in this state you will naturally flow into your zone and play the game that you are capable of playing.


Just like golf, the key is practice and learning how to "be present" moment to moment during your round. This can be challenging especially when you have just three putted to lose the press and your friends say, "It's okay?"



So how do you quiet your negative thoughts to be ready and present for your next tee shot?

While you are waiting on the tee, use this time as an opportunity to shift your negative thoughts and feelings into empowering thoughts and positive energy by using this simple Standing Meditation technique. Close your eyes, notice your thoughts and take five deep breaths. Relax. Notice the feeling. From this space you can create a positive intention for your next swing.

I have improved my golf game and my well-being in a natural way over the past two years by practicing Standing Meditation. I practice a minimum of 30 minutes a day and the more I meditate the more clarity, energy and ease I experience.

As your mind clears you will notice where you are out of alignment physically and in your golf game. Several months ago while meditating I became fully aware that I had not taken a golf lesson in 10 years. I had justified my 20+ handicap because I only played twice a month and didn't practice. I decided to take a lesson. My clear, quiet mind allowed me to focus, listen to my pro and quickly correct my swing. Combining Standing Meditation with my pro's instruction has contributed to lowering my handicap to 14. More importantly, I am enjoying my game whether I play well or not. 



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