

# How To Improve Your GOLF Without Practice



## Learn How Energy Psychology Can Improve Your Golf Game

**Meridian Tapping** is non-invasive, simple to learn and easily utilized by tapping on acupuncture points. It uses the same energy meridians as traditional acupuncture and often helps when everything else failed.

Instead of needles the fingertip are used to tap specific points on your head, chest and body to stimulate the meridians while at the same time stating the specific problem and then replacing it with a positive affirmation.

Traumatic events can lead to a short circuit in your body's energy system. **Meridian Tapping** helps clear the emotional blocks caused by those traumatic events and restores your body back to wellness.

### Sports Energetic

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Is your golf performance affected by:

- Yips
- Mechanical issues
- Weather conditions
- Course conditions
- Frame of mind - the Zone
- Difficulty teeing off
- Not performing well on the fairway
- Having problems with a certain club

No matter how hard you try, you will never play better than what you believe. The good news is that there is a way to change what you believe.

Golf is both a mental and physical game. You can have the best equipment and technique but the slightest **anxiety** can be the difference between a birdie and a bogie as your thoughts also affect your body.

Every skill level has a number of limiting beliefs that cause that **anxiety**

- "Everybody else plays better than me"
- "I never hit the ball where I want it to go"
- "I have never been good at sports"
- "How will I ever make it to the next level?"

**Meridian Energetic** can transform your game as well as your enjoyment of golf. Our purpose is not to teach you a new technique, but transform your beliefs by removing your internal blocks. No amount of training will yield the desired results unless those blocks are cleared. In order to grow you need to let go of your limiting beliefs.

Our primary tool used is **Meridian Tapping** (EFT) a form of Energy Psychology. The benefits will have long range effects that will be evident both on and off the course.

**Meridian Tapping makes  
bad golfers good and  
good golfers better**

Call **Sports Energetic** today to discuss how you can take your golf game to the next level — beyond your current beliefs.

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**SPORTS Energetic**  
~ Energy Psychology ~  
a Cutting Edge Tool for Sports

