

Unlocking happiness in your game & your life

An Interview with Dan DeMuth

the golf whisperer

by Wes Hamilton

Third of a seven-part series

The more I try to understand the best way to lower my golf score, the more confused I get!

I believed that I would continue to play better golf in a gradual progressive manner, however the more I try to remember all the rules — hold my arm straight, keep my eye on the target, keep my eye on the ball, relax, remember the natural flow — the higher my score increases! (for non-golfers, the lower the score the better the game!)

After playing a few more games of golf and becoming very frustrated, I decided I had better get back to Dan DeMuth and ask him, “How do I unlock the happiness in my golf game? And if I unlock the happiness, will I lower my golf score?”

Dan, what process do you coach your clients to “unlock the happiness on and off the course”?

DeMuth: We start by asking our clients, “Why are you playing golf and what do you want out of the experience? What is your intention?”

If you’re clear on what you want, it becomes a lot easier to achieve your desired results.

Let’s imagine you went out to play golf and shot a score of 90. For the sake of conversation, it took you 10 seconds to line up and hit the ball each time it was your turn, it would have taken you 10 seconds x 90 hits = 900 seconds (900 divided by 60 seconds to a minute equals 15 minutes) to play the golf game. This shows us that in a typical four-hour game of golf, playing 18 holes, you really are only playing, hitting the ball, 15 minutes during the golf game!

You need to become aware of what you’re doing for 3 hours and 45 minutes of the game when you’re not hitting the ball. This is where you get to choose how to bring your intentions into the game.

Dan, how do you connect happiness on and off the course?

DeMuth: The game of golf is just like life: It has its ups and downs. This 3-hour-and-45-minute period of the game is designed to give you time to change your thought pattern to get you back into the game. We get very attached to “good” and “bad” shots that can send us to the outcome, instead of staying connected to the present moment. When you’re experiencing the highs and lows, it’s your ability to stay connected to the present moment that gives you the skills to reconnect to your intentions and change your patterns.

Look at how you are managing the big picture of your game, and then take a few moments to look at your life’s big picture and how you are managing that! They are connected.

You ask your clients to create an image of themselves as a golfer. What purpose does this exercise have for us?

DeMuth: Who do you want to be? Look at yourself, not just your game. It is very important to activate



the visual image of what you as a golfer looks like. When we give ourselves permission dream and pretend as we play the game we begin to live into the image. We begin to excel. Remember we have 3 hours and 45 minutes to develop the image of who you are. Do you see yourself playing well and enjoying the game? Or are you focused on what you did wrong on the last hole?

You have a very unique method of connecting me to my game. You give us permission to throw the golf clubs. How is this exercise helping me play a better game of golf?

DeMuth: Club throwing allows you to connect to your natural swing that you have inside of you. Most golfers spend hours of their practice time working on their golf swing. The club-throwing practice unlocks the natural golfer inside of us. I have videotaped hundreds of golfers and non-golfers swinging a golf club at a ball and then throwing clubs at a target. Observing these pictures gives us a visual of the natural swing we were born with. This natural swing was unlocked in this client in five minutes.

Now the challenge for this client is to stay connected to the natural swing, instead of analyzing how the swing is supposed to be executed. Acceptance of common sense solutions can be more valuable than rigid principle, as we learn to play better golf.

NEXT MONTH: Course management and how you take charge of your golf experience for each game you play.

DAN DEMUTH is the Golf Whisperer inspiring people to play “Better Golf” on and off the course. The Better Golf Studio is located in Golden Valley, Minn. Contact Dan at (763) 513-9285 or e-mail dbgolf@qwest.net

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by Lynda Austin

For years people told me how important it was to learn to breathe properly. I never could get into it. As an intuitive channel and teacher, I felt I definitely should be paying attention. Then one evening I was doing a channeling for a group in Colorado. Someone asked about the importance of proper breathing. The response has stayed with me ever since as one of the most powerful and beautiful explanations of the importance of breath.

Response:

We have said in the past that there is a great deal of agreement in every culture — what you could call universal truths — the “Golden Rule,” etc. Virtually all of the disciplines will talk to you of breathing, particularly the disciplines that work to simplify life.

We say: “Simplify it down to the breath.”

Breath. “*The Breath of Life.*” You all say it, and you do not understand what you are saying. Each time you draw in a breath, you create. Each time you breathe out, you present a creation to the world, to the Universe. Each time you breathe in, you take oxygen to your lungs, your bloodstream, your cells — and you become a different human being. You are changed with each breath. Each time you breathe out, you are a different human being than you were when you breathed in. This is life: Experience comes in, experience goes out, and you are changed. Breath is not good or bad, it is. Life is not good or bad, it is. Experience is not good or bad, it is.

Breath is symbolic in that you cannot take in more than you can use. If you attempt to hold on too tightly, you are forced to let go. It is no good for you to try to hold onto it. Think of everything that comes into your life as breath. “He was a breath of fresh air in my life.” Then why would you want to hold onto him when it is time for him to leave, when you know that to hold your breath will kill you?

It is so simple. You cannot take in more than you need, and if you try to hold onto it after you have taken the good out of it, it is of no value to you. You will die. You can only live by letting go, and when you let go, you are then able to take in again. You cannot take in until you let go.

Consider the person who chooses to give and give and give and is not good at receiving — one cannot breathe that way! You cannot simply breathe out. No one blames you if you breathe in. No one says, “Oh, my, isn’t she selfish. Look at her breathing up all that air.”

It is the same in life. You take in what you need, you pour out again to the Universe what you have taken and what you cannot use you let go of. And no one calls you selfish. It is so simple. The breath of life. Breath is life. Life and breath — Balanced: In and out, in and out. IN is not more important than out. Out is not better than in. “Out” is not good and “in” bad. It is a perfect balance. It is so simple.

It is so simple, and it is so beautiful and so true. If you learn nothing else in your life, sit and contemplate your breathing and you will understand that such is life. That is not hard. They say the yogis contemplate their breathing. Well, you can do that. It is quite simple. It comes in, goes out, and you live. And you do not have to ask anyone for it. You do not have to ask permission to let go. And no one has to give you permission to breathe in. *No one judges you for breathing.*

And there is not one moment in a day when any of your questions whether or not there is going to be enough air for you to breathe!

You assume that it is going to be there. The Universe has provided you an abundance of the most vital thing in your life — the one thing that you cannot live more than a few minutes without — air. Not money. Not water. Not money. Not food. Not money. Not clothes. Not love. AIR! And the Universe has provided it in an abundance to you, to the point that you do not even question that it is going to be there. Why would you possibly doubt that anything else you should need is going to be there?

It is so simple, and it is so hard. The simplest things are often the most difficult, you know? Love. Love is so simple. If the Universe provides you with air to the point where you accept it as a given — and it is the single most important thing in your life — how could you think that you are going to be deprived of anything else. And once you can live accepting life the way you accept breath, it will be as automatic as breathing. We will tell you, not very many get to that point.

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