

Awakening to Possibility

AN INTERVIEW WITH DAN DEMUTH

the golf whisperer

by Wes Hamilton
Second of a seven-part series

This winter I spent a lot of time at the “Better Golf — Better Business” school with Dan DeMuth learning about possibilities. While I was working with Dan, there was a saying that kept running through my mind. “We keep doing something over and over again the same way, expecting a different result.” I believe the observer in us sees this experience as a sign of insanity. Whenever I needed to perform better, I thought practice was the best answer to getting it right, or improving my skill. I soon discovered when working with Dan that there is another way to awaken us to peak performance — connect to the “natural flow.” We need to unlock from the outcome and look at the possibilities

Dan, tell me about how you coach your clients to awakening to the possibilities.

Dan DeMuth: Now that we have been playing golf for a few weeks, we like to look at the possibilities. I like to make my clients aware of the energy, that a big piece of our success is how we manage our “misses” on and off the course.

Watching people play golf reminds me of the movie “Groundhog Day” with Bill Murray. The main character is in a town trying to create a different outcome for his life, trapped in the patterns and beliefs of the past.

Since I opened my new school 2 1/2 years ago, I have coached golfers to do a putting exercise five different ways: Regular, eyes closed, looking at the hole, one handed, and putt to the club.

Time after time, the golfers score better when they do their putting differently than how they were taught to play the game. I have kept score, and to date 2,658 golfers have completed this exercise and only 27 (1 percent) are able to score better by putting the regular way.

Can you explain what this putting exercise is about?

Dan DeMuth: It seems we are stuck at the ball and performance, and we’re very unaware of our target or goal. This exercise allows golfers to feel the club and the ball. It helps us get totally absorbed in the experience and unattached to the outcome.

We have a better chance of experiencing peak performance if we look at other options without judging ourselves about how we look or what the outcome may look like.

In the “Better Golf — Better Business” School, we help people break the patterns and expectations of old behaviors and beliefs. We teach them how to give themselves permission to play a different game. We inspire people to connect to the natural flow of their own rhythm. “Awareness to change opens the door to possibilities.”

I noticed that you refer to the performance infinity chart in your training. Can you explain how this chart works?

Dan DeMuth: In the chart, we are playing our best when we move to the upper half of the energy flow. In this section we are experiencing possibilities, feelings and enjoyment.

If you ask most golfers where they are on the chart when they play golf, they will say they are in the upper section of the energy chart. Most golfers really believe this to be true. However, in the school it becomes evident that they are in denial of how they play. It becomes obvious that they become disconnected from their reality.

Dan, will you explain the lower half of your performance infinity chart and why this becomes a challenge for golfers on and off the course?

DeMuth: The bottom section of the chart is about the “how to do it right”: the mechanics, the outcome of the score they shot, performance, and looks — the false ego. These all become interference to playing the game.

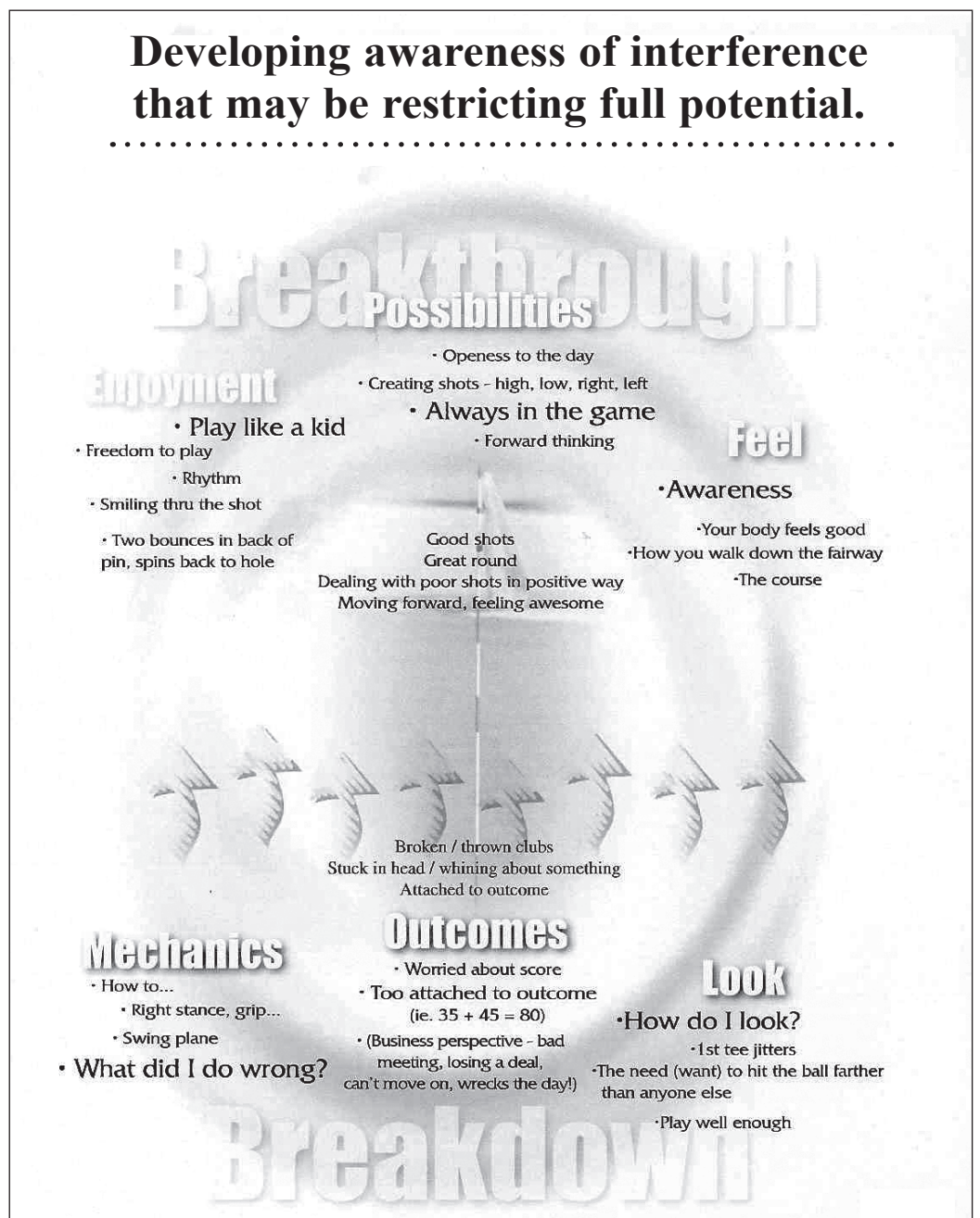
We need to work with these elements; however, these aspects of the game are not where the answers are found to playing a better game of golf.

Most of the advertised training in golf is focused around the mechanics of the game. I believe if we get caught up in the right and wrong of performance, we lock into ourselves verses the target and surroundings. Yes, there are some mechanics of every experience we become involved with. I am saying that we have a better chance to perform when we don’t get stuck in the “how-to’s” of the game.

Are you saying this school is not about performance? Not really caring how we do in the game?

Dan DeMuth: No, this is not what I am talking about. Training in the school actually enhances performance. We have had great success stories. We often have people who lower their golf scores (this is a good thing — for those who don’t play golf) just like you for seemingly no reason at all; many have had an increase in performance on the job, which has resulted in increases on the paycheck. Another benefit worth mentioning is that people are enjoying

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Dan DeMuth refers to this chart when he teaches golfers the difference between reaching for possibilities and focusing on outcomes.

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their relationships more and more, on and off the course.

Some really cool stuff happens at the school. Can you explain how this happens?

Dan DeMuth: Yes, I will be able to give you some answers; however, many of the changes come about from within each individual. The change seems to happen in stages. First, there is a need to become aware, create an awareness of conscientiousness. Second, looking outside the box and connecting to the possibilities is a key to performance. Third, there is a need to develop the ability to detach

from the outcome. Fourth, we must become clear of our intentions and remain true to these desires — on and off the course.

NEXT MONTH: *How to “Unlock the happiness on and off the course”*

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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