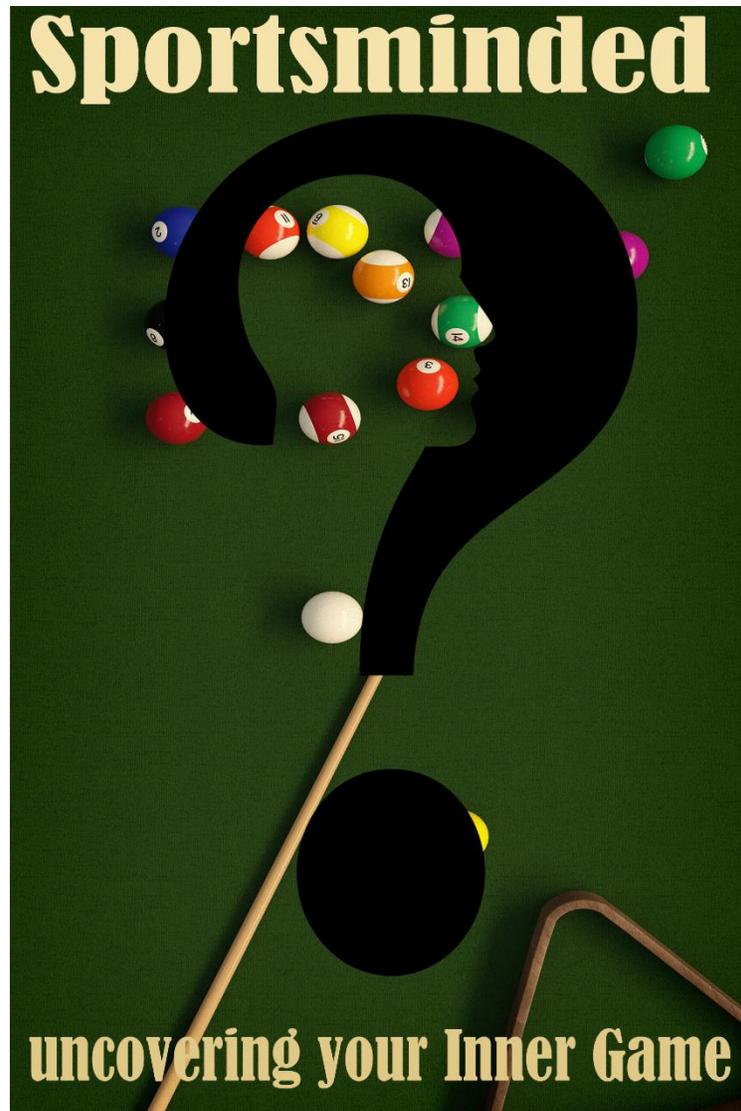


# Sports minded

## Uncovering the Inner game



## Index

Chapter 1.....	Thoughts and Patterns
Chapter 2.....	The Science of Intentions
Chapter 3.....	Emotions are Fuel for the Fire
Chapter 4.....	Visualization
Chapter 5.....	Patterns
Chapter 6.....	Focus on Winning
Chapter 7.....	Bringing it all Together

## Introduction

If you're reading this book it's because you want to become a better player. In order to do that, understanding all parts of the game including the mental, physical and environmental are important.

Understanding what goes on in your mind when you are playing a game and making decisions as well as how your emotions affect your decisions is imperative to farthing your goals.

Recognizing your inner game is present in every shot gives you the power of awareness to take control.

When were at shooting a game of pool there's a lot going on that you don't even realize we're taking in. We are hearing the noise from people around us the pool balls clanking on the tables and people talking in the background. In the midst of all this we are trying to focus on our decision-making of what we are going to do on the shot at hand. All while juggling our current feelings for the day, emotional and physical state of being as well as intentions. Being aware that these things are in our environment is essential to being able to choose what we focus on when we become overwhelmed by our circumstances. At times we feel that we have lost control and tend to blame other people places and things for missing our shots. The rest of this book is going to focus on helping you to be accepting of the world around you while realizing that you are in complete control all the time of the environment and the outcome of your decisions. To begin with understanding that these are all very diverse things that are going to be in our billiard environment

for a long time will help to give some acceptance to turning the focus on where it needs to be, on our thoughts and not on the outside environment.

## **Chapter 1**



### **Thoughts and Patterns**

We've all heard that Billiards is 80% mental 20% skill but how much of that do we really believe. In order to change things that hold us back we have to learn to see things from a new perspective. This new way to understand the world is to believe that how we think and feel affects the outcome of our environment. Start to pay attention to your self-talk after missing a shot or making a mistake. What I mean is if you make a mistake in your daily life do you take it as a learning opportunity, a way to get better or is it something you beat yourself up over. Your brain and your body learn the maximum amount of information when you are relaxed and in a place of inspiration.

If you have trained your mind to reflect negatively on the bad then you are holding yourself back from an opportunity to learn.

Learning to recognize your [thought patterns](#) and the ones that hold you back are the key to understanding what you need to do to bring your game to a new level. Realize that your game does not start when you show up at the table. You do not have a new way of thinking when playing pool that you do in your everyday life. The patterns of thought that you have in your life apply to your pool game. Whether or not you go for the winning 9-ball shot or play a safe has a lot to do with your personality, self-confidence and perception of the variables at hand. Knowing this information about yourself gives you an opportunity to not only become a better decision maker on the table but in life as well.

Amazingly if you practice positive thoughts when you get out of bed in the morning while paying attention to the way you think and feel you can better your game. Thoughts are things and you create your circumstances based on the thought patterns that develop in your subconscious mind. I was once asked when does my tournament start. I had to think about it for a minute because instead of seeing life as different moments in time I started to see that everything I do and think is connected. The choices I make in life that are difficult and how I feel about them correspond with how I deal with issues on the pool table. This revelation allowed me to be able to create the player I wanted to be

and put that success story into my life with choices and feeling of a winner.

You can practice changing your thought patterns in difficult situations when you're faced with a tough decision and things don't turn out the way you wanted. If you can turn around how you see things that normally keep you stuck you will be able to approach your game from a new perspective.

Being a player, I know that pool is a part of your life, relationships, friends and provides self-reflection. Pool is a learning experience not just a game. It can make you better or tear you down but either way it is your choice. Take knowledge of the inner game and put it to the test. Learn about visualization, focus and the right questions to ask to get you to your goals. With the right motivation you will get there!

## Chapter 2.



### The science of intentions

The idea of quantum physics and how it relates to the law of attraction is floated around frequently, but rarely explained. What is quantum physics, The law of Attraction and how can we apply it to our intentions?

For those of you who want to know how all this relates to a better game it will all make sense soon enough! The secrets you will learn and begin to ask about here will not only get you where you need to be but change your whole life for the better. We are going to stay on the science side of things and let everyone know this has nothing to do with religion or ethics.

We create our own destiny using the law of attraction. This may be a fairly new term for a lot of people. In 1889 a man named [Prentice Mulford](#) wrote a book called thoughts are things. This book explains that

we are all physically and mentally part of the energy in the universe vibrating at all times. We just perceive ourselves to be solid and separate from other things although science tells us otherwise. (This is where you can make a connection that you the table, balls and even thoughts share a vibratory connection!) I know this is a lot to take in for those of you who don't like science but if you really want to win that championship read on in hopes that this all comes together in the end.

The part we want to focus on is that what you think about you bring about. So, each thought you have sends out a frequency/vibration and anything that is on that similar vibration is brought to you. So, if you are at the table and worried about making the 8-ball it is likely that you will bring that experience into your life. This is why many people are prone to making the same mistakes or feel stuck. They have a pattern of thought in their head followed by a feeling that returns every time they are in a similar situation. Knowing now that what you think and experience affects the outcome you can choose to think about what you would like to happen and how that feels. This will soon enough change the outside result.

This teaches us that positive thoughts will result in positive change, and this has helped many people improve their lives. But how can we use quantum physics to help?

Simply put, Quantum physics is based on the concept that observing reality is what makes it happen ([The Observer Effect](#)). This goes a little more in depth than The Law of Attraction but explains how it all works for those of you that have an analytical mind. A quantum of energy exists as all possible outcomes until it's observed. Light and matter don't exist until they are filtered through consciousness, whoever's that may be. This process is called the collapse of the wave function, and is caused by our perception of reality.

We are watching our own lives happen to us and making observations about it which in turn affects what happens. All this means that how we perceive our lives makes a difference in the outcome!

So, if something has to be perceived to be real, then we can apply this to our intentions. If we only observe and pay attention to our positive intentions, these are made real by the collapse of the wave function. Similarly, if we refuse to give our attention to negative thoughts and outcomes, how can they be real? By the very nature of quantum physics, they cease to exist unless we observe them.

Putting all this into a game situation could clear things up. Say you are playing a game of 9-ball and your opponent accidentally shoots the 7 and the 9 goes in. If you think to yourself "he always gets lucky" then you are sending energy to that thought and feeling. It would probably be better for you to focus on how he got to that place to have that

opportunity in the first place. You could also acknowledge that that way of thinking does not help your game at all and even increases stress and cortisol levels in your body making it harder for you to visualize a win. There is a lot that goes on in your subconscious and behind the scenes that we don't always take into consideration. It is a lot to process but knowing that these things are in play and affecting our next decisions gives us power to change even what is seemingly happening to us.

Do you feel you are a “lucky” person? Do you feel good things happen to you? If not, then how can you expect them to as you have to believe and feel they can for the opportunity to even come your way. We all have the power to be “lucky” or happy even successful. All these things start with the thought and belief that they are possible. If not then its time to start asking yourself why you feel they are not.

So, no matter the outer circumstances now those are a product of your previous thoughts and feelings. Change how you perceive what's around you and manifest things you could never have dreamed of.

Remember this whenever you're setting out your intentions. Focus on the positive, as the law of attraction states, and it'll manifest into reality. Likewise, refuse to dwell on the negative and it'll never come into being.

## Chapter 3



### Emotions are fuel for the Fire

We all know a fight with our girlfriend or wife, losing our job or not having any money is a factor in going into a match stressed out. It may seem that there is no way to avoid not being able to play well under these circumstances but this is not the case. After learning a little about the science behind thoughts starting to understand that all thoughts we have are frequencies we can then separate the stories we tell ourselves about our life and what we want to change. If we tell ourselves that we are no good at safeties then it will be so. If we have a hard day and then say there is no way I can play under these circumstances then you are already set up to lose. Each time a fighter gets knocked down they get back up because they still remember why they fight, they believe and can see themselves winning. Even if they never learned any of this stuff they are still using it to become better. The story we tell ourselves about

the situations we encounter makes a difference whether we get back up or not. Maybe not even try at all.

Each time we miss a safety shot and we say to ourselves “I’m no good at safeties” that will reinforce our belief. This has also been called a self-fulfilling prophecy. It may even cause you to not try them anymore therefore giving up your opportunity to learn and get better. All because of a thought and feeling attached that you tell yourself. This is true even of complicated shots involved in the game such as pattern choices and hard stroke shots. We now need to create a new story that we tell ourselves that we can focus on which will bring about different results.

When things are bad and it seems impossible to play you need to dig deep and find the reasons why you want to play in the first place. Those reasons need to be for your own. Although playing to make your family proud, camaraderie and all those great things that you can think about are good reasons to play ultimately you play pool because it makes you feel good. It’s time to focus on why you really want to play and why you want to be successful in the first place. The drive to become better comes from a passion for the game. It is a feeling that is behind all the late nights, hard practice and self-reflection. After learning this it may be easier to separate your feelings about the game from your feelings about life. You are no longer bound to play a bad match because things in your life are not going so well. Use your new found understanding of perception to look at the information in a different light. Find the reasons

for playing and goals you set for yourself then stay in that good feeling through your match. You cannot feel good and bad at the same time. It is now your choice what you focus on and give your attention to. Why not choose the better feeling thought?

## Chapter 4



## Visualization

Scientists and big thinkers have devoted their lives to looking for ways to improve sports performance, even though we've all had the tools for it all along. Imagination can be one of the best ways to improve sports performance, especially when combined with a little positive thinking.

How many times have you gone to take a shot, whether it's in basketball, pool, football, or golf, and failed? Even if you were certain the angles and power were right, and you had trust in your own skill.

Sometimes this isn't enough, and that's when imagination can make all the difference.

There was a study done by Australian Psychologist [Allan Richardson](#) who wanted to see the effects of visualization in regard to results of Basketball. He had 3 test groups. One group would practice, one would only visualize practicing and the third would not do anything. The group that visualized only was almost as good as the practice group. So, imagine what you could do with both practice and visualization!

Imagination combines various senses, all of which work together to build the complete picture. The more senses you employ when imagining, the more successful your image will be. Practicing using these visual cues will have a massive impact on your overall performance.

The real trick is to utilize the law of attraction. Imagining positive things gives you much more chance of success, regardless of which sport you're playing. Imagine yourself taking the shot and getting it, and realize that you were bound to get it all along. Tell yourself with real intention that you will make the shot, and that you know you're going to make it. The stronger your conviction, the more likely it is to come true.

The flipside of promoting positive imagination is pushing out negative thought. Don't let yourself dwell on the idea of missing the shot, or losing the game, as this will only create a negative spiral that's hard to

come back from. In the heat of the moment you need all the concentration and willpower you can muster.

The key to using imagination is to make it as realistic as possible. If this means making yourself an audio track to play in the background, then do it. If you find negative thoughts creeping in, then go back to basics and learn some mindfulness techniques.

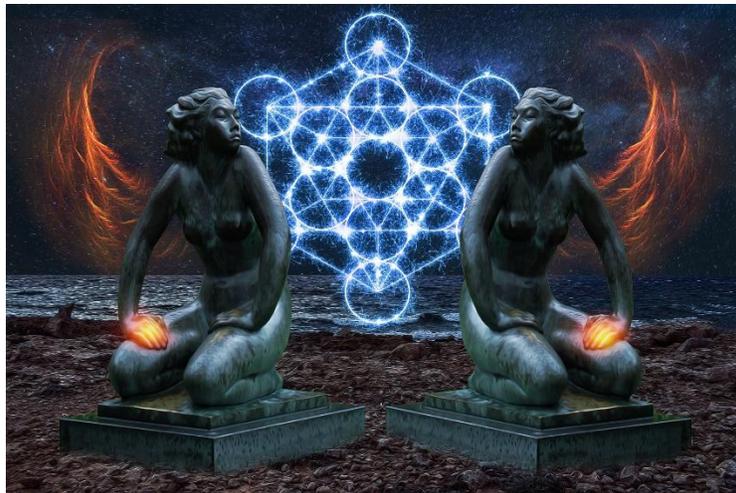
Visualize your goals using your creative subconscious. This will start your brain working on how to achieve that goal. You have control over your subconscious by pointing it in the right direction from imagining, and concentrating on what you want to do. Change the patterns in life that have not served you and begin to run a more productive “subconscious” software of positivity and success. Imagining your goal activates the law of attraction, which works on the principle we discussed earlier that positive thoughts will draw positive outcomes.

How does this relate to billiards? It’s quite simple really, visualize the shot you are about to take and believe you can make it. Then watch as you make that dream shot. The key is to concentrate on the shot you want to take. Close your eyes and imagine the ball travelling across the table and going into the hole. Then believe in your ability, and take the shot. You’d be amazed at the results. Try taking 5 minutes before each match to imagine shooting in the winning shot. Imagine and feel your

smooth stroke as best you can. This is preparing your mind for what is expected.

By visualizing yourself taking the shot and potting the ball you will put yourself in the mindset to achieve, and this is most of the battle. Your subconscious will react to your positive mindset and help you to achieve. Try activating the law of attraction in your next game and see how it affects you.

## **Chapter 5.**



## **Patterns**

To clarify what patterns are would be to say that they are elements of design that repeat in a predictable manner. Patterns can be found everywhere. They are within nature, actions and especially our thoughts. Before you chose your course of action on the table you have to make a plan for what you want to do. Whatever you chose is going to be based on the pattern of thinking you have.

If you have ever known someone to be predictable then you could say that you have identified their pattern of behavior easily. Understanding your own patterns of thought and where they show up that cause you trouble is imperative to learning to change those patterns to ones that serve you better.

In any pool game there are an infinite number of mathematical patterns that can arise from shooting the balls. But each time you go to the table and make your choice of run out, shot or safety you're choosing based on a pattern of thought that is relative to a pattern you have created in your life. That is to say your personality and thought patterns as well as how you make choices in life are relative to the way that you choose which shots to take on the pool table.

Those of you who are not fans of math let's use a real-life example. Let's say unfortunately you were in a car accident years ago and since then you do not like to drive unless you are the driver so you feel you have control. That fear brings a pattern within your mind that comes out in other places not only that situation. It's just not easy to see right away. None of us have control over others we only have control over how we think and feel about situations. For instance, this situation might correspond with having trouble playing Scotch doubles because you are not in control of your partners shots. It might arrive in other places in life where you have to forego control to someone else in hopes of a good

outcome. That one bad situation would have now hindered many opportunities.

Everything that happens in our life is connected. Each choice we make and how we perceive the results affect another choice later in life. This pattern becomes intertwined with other situations and feelings behind our choices. We sometimes forget that we can choose to think another way. We do not have to be a product of our experiences but have a choice to imagine how we would like life to be and become the person that we imagine so. If you want to be a world champion you have to feel like you can be before that can happen. If you have a specific issue that has been causing you trouble in your game look closely and identify the pattern that's holding you back and replace it with one that is toward your goals.

It's not easy to forget bad experiences or past situations but realizing that living those experiences over again in our memory only continues the pattern of unhappiness. To choose a new way of thinking would be to choose a new pattern which brings about more positive results.

Our lives are created by our own actions, and by the intentions with which we act. The law of attraction teaches us that we are makers of our own destiny, and that thinking positively leads to positive outcomes.

This is true of every action in our lives, even the smallest ones.

## **Chapter 6.**



### **Focus on winning**

We are all afraid of something. When we make choices, we are making choices based on what we want or what we do not want. We either want to win the game or are trying to avoid losing. When we try to avoid losing we are giving a lot of energy to paying attention to all the things that could happen if we lost. When we are focusing on winning we are giving attention to our goals and desires which in turn give us good feelings and confidence to do what is needed to get our goal. Our brains do not understand the negative. I tell you not to think about missing you have to acknowledge the thoughts before you can try to wipe its way from your mind. The more you push it away the more it comes forth. This is because the Aspect of like attracts like works the same way with the negative. You're very clear on what you don't want then Focus all of

your energy and what you do want otherwise you're going to get more of what you don't want. This is because our brains do not know the difference between imagination and reality as well as negative or positive the brain only knows what you're thinking at the time and what frequency that is giving off into the world to bring into your experience that what you think of.

After learning that thoughts become things and visualization helps us in the process of accomplishing our goals the next thing to consider is overcoming the obstacles that we hold us back even with all that knowledge. It's possible that some of you may not have even considered how far you would like to go in this game or if it's even possible to become one of the best.

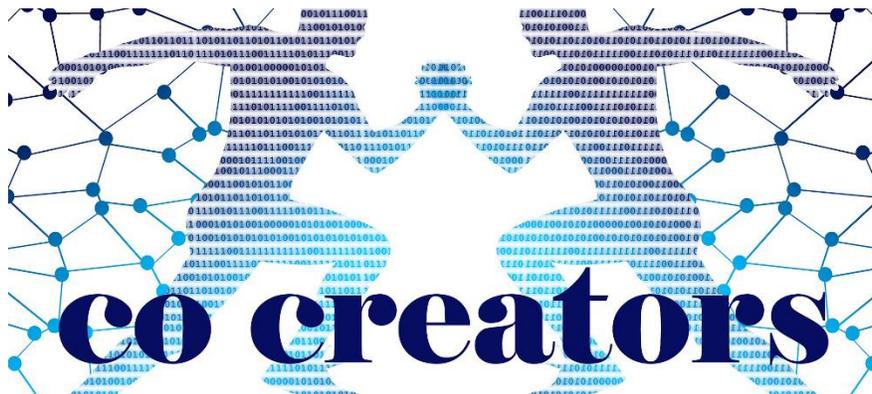
Then maybe some readers who have tried for many years to get better but only to have been stuck. The first thing to consider as we have learned in previous chapters is we are all responsible for our own destinies. There are no people, places or things that hold us back from accomplishing our goals. It has been said many times if you shoot for the stars but reach the moon you would not be disappointed. What is impossible for one person may not be impossible for someone else. This is because of our different experiences that lead us to believe which things are difficult.

In the year 1954 a guy named [Rodger Bannister](#) ran the four-minute mile just doesn't seem like such a great feat today but I said no one had

ever done it and it was said that if someone were to do it their heart would not be able to handle it. Up until May 6th when Rodger broke the record and ran the 4-minute mile that was the understanding that it was impossible. Amazingly after he accomplished that feat many more people after him or able to do it as well it only took one person to show that something that was supposedly impossible became commonplace.

There was a time years ago where women were not even allowed to go into a pool hall and no one could foresee in the future that happening. Now some of the best players in the world are women. There's no reason to look at obstacles in a dim light but to see them as a way to get better and to overcome something that hasn't been done yet but once it is has it will become much easier to do it again.

## Chapter 7



### Bringing it Together

In this book you have learned that you have more control over your environment and circumstances than you think. Taking the power of your thought and how you condition yourself to focus your intention is

essential in your quest to accomplish your goals. You should no longer be bound by the past or reoccurring negative circumstances but by the power you have to change your environment based on how you see things to be with perception. When you're in a tough spot use your visualization tools as well as feelings of where you would like to be in the future to bring that aspect into your reality. The better your imagination and stronger your desire the quicker you will see results. It's good to remember that what you've been doing over the course of your life has created the patterns that you use to problem solve. In order to change those patterns, it's going to take a little bit of time and awareness first to recognize and then to choose something outside of the normal that will take you further towards your goal.

In the end we are all in this life together as well as this game that we play. More that we lift others up and appreciate each day that we have to shoot as well as enjoy the company the more good things will come towards us.

Billiards brings people from all walks of life together to share common goals. Although the competition is sometimes hard, the hours sometimes long and encounters not always positive we have a choice to put all of our good energy and feelings into the experience.

When we incorporate good parts of ourselves into each shot and each game we are changing Billiards as we know it. We can turn the game into something with positive for everyone where opponents are

appreciated there are no arguments and who feel good about the person that we've become in this game.

The ultimate goal in Billiards is to create happiness and good feelings through not just winning but accomplishing our goals through our shots. Becoming better decision makers better communicators maybe even better goal setters. These some things that Billiards has to offer that should not be forgotten.