**Colour Protocol**

This all came about because I currently hold a franchise here in Scotland as someone certified by Karl Morris (The Mind Coach in golf), one of the top golf coaches in Europe. Karl coached Louis Oosthuizen in 201w34444450, and although he was ranked 54th in the world at the beginning of that week he won the open with 7 clear shots! This is the story of how:
1) I got involved with Karl
and
2) An introduction into how Louis Oosthuizen won that Open:

I was sitting at a table in Chinatown in Manchester with 70 professional golf coaches (5 tables of 10), all there for a 2 day workshop with Karl Morris and now having dinner.
They had got wind that my handicap in golf was somewhere around 50 and began to gently tease me, asking just what the hell I was doing working with professional golfers.
So... I gave a demonstration of what I actually *do*.
The main guy who was questioning me agreed to help me demonstrate how I worked and within a few minutes he *somehow* believed that he was my plumber and that his name was Dorothy.
So, in a way I guess I had demonstrated what my good friend Anthony Jacquin had written in his wonderful book: ‘*Reality is Plastic’*. This got the attention of the professional golfers in the room and suggested to them that I possessed some *other* skills ☺
I demonstrated that my path was to change the client’s reality of the problems they were experiencing and the importance of reframing through the use of the imagination coupled with the subconscious, and suggested that that could very easily happen with a professional golfer. Golfers are programmed into believing that they have two problems. The first that their swing is *never* right and that they need to buy a better driver! And *Voila*, a commercial enterprise is born and reborn... and reborn!

Said to golfers during talks:
“So I want you to imagine you have a 12” put. There is no wind, no shadow, no sun in your eye. The green is absolutely flat and the putter feels great in your hands. You address the ball swing back perfectly and strike with perfect weight.
And yet, even with all of that being true, and you’ve done this tens of thousands of times, is the ball *guaranteed* to go into the hole?
And secondly, your on the 18th and find yourself on the green but with a 60 foot put. You simply have no idea where your line is. It has to get over two small hilld and the gradiant is all over the place. The sun is in your eyes yet it’s raining hailstones and you are nearly getting blown off your feet with a heavy wind.
You no longer have a putter because you broke it over your knee 2 holes ago!
You grab the first club you lay your hands on from the bag. It’s a sandwedge. You one handedly wallop the ball,,,, question,,,, is it guaranteed to *miss*?”
Karl Morris teaches that the golfer spends most of their time either:
a) angry about the last shot
or
b) worried about the next (based on the anger of the last).

Hence their minds are either in the past (angry) or the future (worried).
They really need to be in the *NOW*!
And it was *this* protocol that Karl used with the golfer Louis Oosthuizen, just prior to him winning the British open in 2010.
Hence:

 **The Colour Protocol**
An example might be where the client has feelings of anxiety.

You ask them to think of a situation where it might be a major challenge.

In this example they say public speaking.

Therapist: “So what I want you to do know, really using your imagination totally and completely, is to sit back, close your eyes and imagine yourself sitting there right now, at that table as the MC begins to introduce you to the audience.

And as that happens you are aware, very aware that , rather like a ship heading towards you at speed where you simply cannot get out of the way, you have less than 30 seconds when your name will be called and you will have to try to stand up straight, smile and begin to address your audience.

You are aware of all the eyes on you as, the expectancy grows , and just then your name is called.
So tell me, right now, from 1 to 10 how strong is that anxiety right now, right there in the pit of your stomach and moving now through your entire body.? Out of 10 what mark would you give it?

Client: “About a nine!” (they will normally say between 7 and 9)

Therapist: Really! Even in this situation where you are just imagining it! That high! A nine!” (this is called ‘*supporting the pain’*).

But what I want you to do now is step away from that situation. Step away and think, right now about a time and place when you were totally at ease.”

It might have been at a family gathering or with friends last week or many years ago.

A wonderful memory that you have and let me know when you're there.............

Fantastic, and now I am going to place ( physically do it) these three fingers of your right hand together. That's the thumb, forefinger and middle finger, kinda' like you were holding one of those knobs from an old TV set and turning up the volume.

And that's what I want you to do right now. I want you to be there in that place where you were, and indeed are having a great time, and quite simply, by a squeezing and turning your fingers... I want you to turn up the volume of the room. So you can actually hear the laughter that is there but you just hear it louder. And I want you to nod your head when you've done that so that I'll know. That's right.

And now that knob becomes the knob for brightness and I want you to squeeze and turn the brightness of the picture your watching all the way up, and once again nod your head when you've done that so that I know. Fantastic.

And now it becomes a *contrast* knob and by doing the same thing you make the picture much sharper. Kinda' like these state of the art TV's where the picture is even sharper than in real life. And again nod your head when you've done that. That's right, perfect.

And now it becomes the knob that controls colour and as soon as you start you can notice that the reds become more vibrant, the green in the picture becomes serene, the blue colour incredibly calming etc until all the colours have that element of just being, well, far more colourful than you could ever have imagined. And again you simply nod your head when that happens. Thankyou.

And now, finally, the button becomes a *mood* button, a *feelings* button. A button that when squeezed and turned you can feel...YOU! You can feel you yourself simply feeling fantastic! Totally in control, totally at one with every single person there, totally calm total confident, totally... Happy!

And again you simply nod your head when that happens. Excellent!

And now, in this place and in this time I want you to be aware, very aware of just how fantastic you FEEL. And let me ask you, if you were to try to describe this feeling to me by giving the *feeling* a *colour*, that's right an actual COLOUR. If you could colour it... let me ask you, what colour would that be?"

(They can choose any colour but let's say they choose **red**)

"Red! Fantastic! And I want you now to simply allow that red to permeate your whole being. As you squeeze these fingers the red simply swims through you allowing yourself to *feel* ... absolutely fantastic. At ease, happy and totally in control.

And as you feel absolutely fantastic, at ease and totally in control, with that phenomenal red sweeping through you, I want you to now very quickly return to that other room where you are just about to address that audience. But this time you bring with you this fantastic red cloak whirling around and through you and you discover that as you squeeze those three fingers the colour and those fantastic feelings get even stronger.

And let me ask you, with that adrenalin pumping through right now, feeling FANTASTIC where is that anxiety and fear you felt earlier? From one to ten what mark would you give it now?"

I have never had a situation where a client’s challenge did not come well down instantly, even in the therapy room.

But now an anchor needs to be set, ready to be used in the future, when that old challenge arises.
With nearly all my clients the anchor can be the three finger technique as already explained and imagining that that chosen colour goes right through their entire body bringing with it that same calmness/confidence etc...

In the case of our golfer Karl Morris actually placed a ‘red dot’ on his left glove, at the base of his thumb... in order that when he looked down the anchor was *always*... right before his eyes.