

**NAMEN KARTICE** je ozaveščanje občutkov, ki se pojavijo med igranjem golfa. Beleženje intenzivnosti prijetnih ali neprijetnih občutkov nam pomaga, da se ne poistovetimo z njimi in nas hkrati spomni na konstantno spreminjanje in minljivost našega počutja. To nas uči, da se nima smisla navezovati na rezultat ali hoteti le dobre udarce. Udarec pred nami je zadosten cilj.

**ČUSTVENA KRIVULJA** nam pokaže v kolikšni meri je naše počutje odvisno od rezultata oz. števila udarcev. Cilj je zmanjšati amplitudo nihanja krivulje in se izogibati ekstremom. Še posebej pomembno je, da ob slabši igri ostajamo mirni in vzdržujemo nevtralno notranje stanje.

**TRI PRAVILA NOTRANJE IGRE:**

1. **ISKRENOST DO SEBE**
2. **VEČ RADOVEDNOSTI KOT STRAHU**
3. **BREZ PRITOŽEVANJA (NITI NAD SAMIM SEBOJ)**

**Opomba:** Povprečje počutja izračunamo tako, da seštejemo vse ocene intenzivnosti občutkov in vsoto delimo s številom odigranih lukenj.

**PURPOSE OF THE CARD** is to embrace the feelings that occur while playing golf. Recording intensity of either pleasant or unpleasant feelings helps us not to identify with them and therefore reminds us of constant change and transitoriness of our internal state. We learn that it doesn't make sense being attached to scores or wanting good shots only. The shot in front of us is sufficient objective.

**EMOTIONAL CURVE** shows relationship between the score and our mood. The goal is to reduce fluctuation of emotional curve and to avoid extremes. It is extremely important to stay calm and maintain neutral mood when bad shots appear.

**THREE INNER GAME RULES:**

1. **SINCERITY TO MYSELF**
2. **MORE CURIOSITY THAN FEAR**
3. **WITHOUT COMPLAINING (NEITHER ABOUT MYSELF)**

**Note:** We calculate average mood level by adding numbers of intensity of feelings divided by number of holes we played.

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**Sistem Ozaveščanja Notranje Igre**  
**System for the Inner Game Awareness**