

Athletic Performance

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Let me start with the number 5 as you very, very slowly close your eyes. Relax... Exhale... Relax completely, and allow yourself to find total relaxation in the sound of my voice and the beneficial suggestions that you are about to receive. This is your choice and your decision. Allow your physical body to find a comfortable resting place. (Pause) You may discover that the longer you listen to the sound of my voice the more relaxed you become... Relaxing from the top of your head all the way down to the tips of your toes... 4. Relaxing more and more completely now... feeling the wonderful sensation of warm relaxation filling your entire body... Inhale, slowly... Exhale... Open your eyes and once again just slowly close your eyes... 3. Continuing to find relaxation and comfort with each and every breath that you take... relax... just let go... find total relaxation in the here and now. 2. You will discover that as these numbers slowly descend to the number 1, that your state of relaxation will also descend to a very comfortable level... being very receptive to each and every beneficial suggestion that you may receive. 1. As you continue to focus intently on the sound of my voice... you will discover that the longer you concentrate intently on the sound of my voice the more and more and more relaxed you will feel. Very loose... very limp... and completely, completely relaxed in every way.

What I would like you to do at this time is to simply imagine or visualize your very best athlete in this particular sport at his ultimate best. Your champion...your idol. Whether you've seen his performance live or watched it on television... Create a sharp and clear picture in your mind's eye of his best performance ever. Be sure to pay special attention to details. The posture, the stance, the jump, the swing... See the performance area. Feel the temperature of the air. Whatever you need to do to create this image. I'll pause while you access your memory for this image. (Pause)

Mentally take a video picture of this ultimate performance. Making sure you have every detail of the perfect athletic performance captured on video. And now, mentally replay the video recording over and over again, frame by frame, in slow motion, until you feel the rush of energy as the ultimate performance is achieved. You can hear the thundering roar of applause as the athlete follows through with the perfect performance. Feel the pride of accomplishment of a job well done. Taste the sweet taste of victory. Staring at the video frame now... replace the image on the screen with an image of yourself. You are exactly where you want to be. On top. Achieving greatness in excellent athletic performance. Your taste for perfect performance is unrelenting. You know you have the ability to achieve greater heights of success and do so willingly and effortlessly. You are capable of outstanding accomplishment and your body follows through easily with every perfect movement to achieve peak performance. You deserve to be an outstanding athlete and do so easily. The processes of your body improve with each and every performance. Your talent and skills culminate to achieve total oneness of perfect athletic performance. You have the right to achieve peak athletic performance and you accept this right completely and totally. This is your choice and your decision.

You know what needs to be done to achieve peak performance. And you also now know that you can and will do exactly what you must do to achieve it. Being totally confident and optimistic in achieving success. Staying focused on the 'gold'... the medal... the cup... the ultimate prize for ultimate performance. Your subconscious mind knows exactly what needs to be done and will do so automatically. With every passing moment you are becoming better and better. Your entire body is cooperating to properly adjust and fine-tune every fiber and organ in your body for a grand performance each and every time it is performed.

Command your subconscious mind now to take total control over each and every performance. Mentally repeat after me... (Pause) "Subconscious... You will do exactly what is necessary to achieve perfect athletic performance". "Each and every move will be done with precision and accuracy".

It is your choice and your decision to excel in outstanding athletic ability and you are developing the skills necessary for optimal performance. Making time for practice is easy and you do so willingly. With the passing of each practice your focus becomes more clear, your vision more vivid, and your body makes whatever adjustments necessary for peak performance. Your confidence level soars. Your energy level skyrockets. Your physical body automatically adjusts for the ultimate performance. You get the proper rest required for such achievement. You eat healthy foods in the right portions at mealtime. You will eat foods that will compliment your body to attain your newfound goals. You will drink liquids to hydrate your body. The thirst for victory is overwhelming. With the passing of each and every practice you can feel the difference of your body properly adjusting. You can hear the whispers of onlookers and they delight in your new achievements. Nodding their heads in approval. You can taste the sweet taste of victory. Feeling your chest swell with pride at your new accomplishments.

See how perfectly you fit into the image on the video screen. You have memorized the frames so well that you can emulate the actions of your idol automatically and naturally. Let yourself be totally immersed in the frame. Put on the glove, the pants, the helmet... Your focus and concentration is extraordinary. You are the winner in this video. The achiever. Make a mental picture of you in the winners' circle. Having the exceptional ability to block out any and all outside interferences while you perform. You expect good things from your efforts and receive them openly and willingly.

Each and every time you dress for sport participation the messages contained in this session will remain with you throughout the entire period. You will stay focused and calm and remain in complete control over all body movements at all times. Finally being in control over the one and only body that you will ever have. Making all necessary corrections automatically for a great performance. Knowing that you are capable of great achievement and attain it easily. Knowing exactly what needs to be done for performance excellence. The winners' cup is here... waiting for you to claim it. Mentally reach out and feel the reward for your efforts. The pat on the back, the medal in your hand, the faces of approval, the sound of applause, the feeling of

accomplishment.

Emerge your client.

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