

SCRIPTS BY HENRY LEO BOLDUC:

SELF- HYPNOSIS: CREATING YOUR OWN DESTINY PUBLIC DOMAIN JUNE 2000

ATHLETICS AND SPORTS ACHIEVEMENT: Mentally rehearsing the plays before a game is not a new idea, but subconsciously playing the game and already seeing it won, while in hypnosis, is a novel and profound one. Many top athletes “psych” themselves up by using self-hypnosis. A casual reading of current sports magazines will give an idea of how hypnosis techniques are being applied by players of your favorite sport. For example, some professional teams who have hypnotherapeutic tapes in their mood rooms not only use hypnosis for motivation but also for revitalizing their physical bodies. Tapes help ease their physical aches as well as instill psychological well-being and enthusiasm.

The greatest enemy for any athlete is fear: fear of losing, fear of winning, fear of pain and injury, or fear of humiliation in public. Some athletes who play beautifully at practice will freeze up during a game while under scrutiny from others. This pressure can often inhibit a good performance.

To perform well, an athlete must be relaxed enough to allow the natural timing and coordination to flow with the movement of the game. When he or she is in the flow, every movement feels right. The critical and doubting mind can be bypassed to allow the athlete to experience the fullest potential. Above all, a playful sporting attitude helps the participants to realize that it is a sport to be enjoyed.

This cycle is designed for both competitive and non-competitive sports; the separate suggestions are clearly marked. It uses a combination of first- and second-person suggestions, and will help you to fine-tune your concentration and allow you to use better your body’s natural adrenalin. This is a high-performance cycle.

You can fine-tune your concentration as you would fine-tune your automobile to get it to run at peak performance. You are learning, at an inner-mind level, to adjust your attention to your desired objective. As you gear your energy, you can shift yourself into overdrive when the need arises. And you are also learning to shift back down to cruising speed once the event is over.

The secret of all athletics is practice, practice, and more practice. In addition to practice on the field, you can practice playing in your mind. Mentally rehearsing at an inner-mind level gives you that added edge, the winning edge. You can carefully think what is best to do before an actual game, just as you think during the game. And you can think after an event, not as self-criticism, but planning how you can do better next time. As you center your thoughts, you automatically center your actions.

You are learning to use your body’s own natural adrenalin for alertness and control. Adrenalin is manufactured by your body to give you extra strength in times of need or when you want high performance. You can use it at will. It is high energy, naturally, and you can turn it off after a great performance.

At this time you can mentally repeat, or echo in your mind, the following positive suggestions:

I concentrate as I’m playing and I rehearse mentally between games.

My body realizes what is best for me, so I use my energies naturally, with my mind in control.

I can perform at peak, always better than before.

By relaxing before an event, I can focus on the goal.

I am fine-tuning my mental concentration and physical abilities.

My coordination improves whenever I practice (insert the specific sport you are working on: running, golf, tennis, etc.).

Now take a few minutes and just imagine yourself excelling in this athletic endeavor. Create in your mind a single positive symbol for success. (Pause)

You are what you think you are.

You become what you see yourself becoming. Just imagine that it has already happened, that you already are a high-energy performer.

(For competitive sports.)

Mentally see and hear a crowd of people cheering your game and your success. You can hear them saying what a great play you made, and you—more than anyone—realize that you did well.

You excelled and you won because you did your best.

If you are part of a team, see yourself as an integral part of the team effort. See yourself as one of the pistons in an engine running at peak performance.

(For noncompetitive sports.)

See yourself simply enjoying your sport as an invigorating experience. It is pleasing to be doing it and you enjoy the exercise and renewed physical health. Listen to the rhythm of your body as it keeps pace with your movements and deep breathing. (Complete your tape with the wake-up procedure.)

IACT / IMDHA Virtual Library