

Peak Performance Script

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INDUCTION

DEEPENER

The great thing about hypnosis is that even though I am giving you suggestions, they are not really suggestions from me, but rather suggestions from within you, you have merely asked me to guide you through this process, but you have selected what is most important to you and so what you are hearing and experiencing is actually a reflection of your own desires and potential.

From this point forward it will be easy to move beyond average and into excellence. Both in health, abundance and wealth and even in the relationships that guide you into success. We know this, because you have made a decision today – to move beyond average and into excellence and taken the first step by reconciling the conscious desires with your subconscious motivations.

And so in this relaxed state, realize your dreams, in this very moment. What exactly does that entail? It entails using this time to use the creative energy of your mind to move out of any comfort zone and into a resource state of success. It means to take some time to really manifest and attract that which is important to you. We know of course that like attracts like (this is of course the “law of attraction”) and so thoughts and images and affirmations that extend beyond what you have experienced so far, and know you will experience in the future are all within your mind's ability to create right now!

And notice how, as you create images of success, even wealth measured in money or health or happiness, these thoughts lead to a feeling of knowing anything is possible and your limits are limitless.

What in this time can you commit to in action that will lead to those likes attracting other likes? Is it associating with financial winners? Or learning from people who are wise with their money or is it simply committing to a process of saving and compounding that which you already possess?

What about health can you commit to right now that will attract health? Is it to release needless weight or change a negative pattern by in each and every way, each and every day choosing a healthy option for you success?

And of course, what in your relationships can you do that will create harmony, happiness and even success? Moving from this session and into success----

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In making this script your own, what direct suggestions do you think can be made to activate the suggestions above?

- 1.)
- 2.)
- 3.)
- 4.)
- 5.)

What story/poem/parable/metaphor can be told that would make this content real to oneself in self-hypnosis or to a client in traditional hypnosis?

What are three actions that you can do today, that will help you to succeed as a hypnotist or in any other area of life that is important to you?

- 1.)
- 2.)
- 3.)

