



Access Instructions

Peak Performance

Richard Nongard and Roger Moore

The live webcast will be held on August 4, 2015 at 9:00pm Dallas Time (7:00pm Pacific Time)

It will be recorded for those who are unable to attend. You may access live or the replay by clicking this webpage:

<http://video.subliminalscience.com/peak/>

And using this password:

peak1

There will also be three scripts embedded on that page, for you to download. These focus on academic performance, sports performance and peak performance.



Hypnosis Superstore

www.SubliminalScience.com

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SPORTS PERFORMANCE **Suggestive Therapy Script**

Pretalk

Hello, I am Richard Nongard with SubliminalScience.com and I have been using hypnosis as a tool to help top athletes gain a competitive edge for years. Hypnosis can be used by an athlete in many ways. We know that healing is promoted following injury or surgery when hypnosis is used as a part of treatment, and we also know that hypnosis can help overcome anxiety and public performance fears. Hypnosis can also be utilized in sports by encouraging visualization, and thus can help a top athlete both commit to the subconscious the many steps that lead to success and to help facilitate the realization of victory. In order to achieve a goal one must have a clear image of what that goal is. There are many other ways that hypnosis can help the athlete. These include development of physical skills and attributes; attitude changes that anticipate success, and personal training for the mind. In a short, each athlete has an “optimal zone of functioning” that is both physical and mental, and this audio file will help you to maximize your potential.

Hypnosis is not a mystical or strange state. Each day we enter into hypnosis on our own. It can be experienced in many ways, including relaxation, concentration and use of imagination. Each day we use our subconscious mind to help us complete the tasks of the day. After all, we drive a car entirely with the subconscious mind, not having to relearn how to drive each and every morning. To take a break from the stress of the day many of us daydream; and throughout the day we also give our undivided attention to certain tasks or responsibilities. These are all hypnotic processes. Hypnosis is not a single activity or event, and different people experience hypnosis at different levels and with different perceptions. The purpose of this session is not to create a specific feeling or experience, but rather, to help you achieve your own zone of optimal functioning. The real value in this training is not the time you will spend listening to this audio file, but rather, the skills that you learn and your ability to replicate them in times of athletic performance.

You do not have to try to be hypnotized. All you have to do is listen to this file and experience the suggestions I make and the results will speak for themselves. If you have any questions about hypnosis or would like additional training programs to help you achieve your life goals, you can contact me at www.SubliminalScience.com

Induction (begin with eye fixation, it will be referred to later in our suggestions)

Deepener

Suggestive Therapy

Indirect Suggestion: Without a doubt for some time now, you have desired to achieve, to your best abilities, in your chosen sport. Inside each athlete is a special part of us that desires to succeed and to do our best. Tapping into this creative, intuitive and dynamic part of you is entirely possible; after all, you have already taken the first step by listening to this program and beginning training for the mind. And although in Western thought we make a distinction between mind and body when training, the reality is that separating mind from body is an impossibility on the field or in a game or competition, for

you take with you into each and every event, both mind and body, improving both with each facet of your training.

It is amazing how many times we hear those who are not athletes using sports performance metaphors. We hear politicians talk about “crossing the finish line” and ministers tell us how to handle life when we “bowl a gutter ball” or salespeople talk about a “slam dunk”. The reason sports metaphors are so often used in everyday conversation is simple; people intuitively know creating a great life is a lot like creating a great performance. Have you ever thought though, how metaphors from life can help you understand your game better or your performance? Increasing your ability as “as easy as pie” and this process of mental training will “fit you like a glove”. You see, as you relax, listening to each and every word, creating pictures with your mind; or simply taking the time to experience the learnings in this session without paying particular attention to the words that I use you will be adding new chapters to your book of success.

Transitional Deepener: 5-4-3-2-1-0

I am going to give you many suggestions throughout the rest of this audio file. These suggestions though, do not come from me, but rather, are suggestions you have asked me to make for you by purchasing this audio file. They may be suggestions I speak, but they are yours, coming from within you helping you become that which is most important to you, experiencing success each day in every way.

Suggestions for Physical Healing and Wellness

By creating this state of deep relaxation, and concentration you can really listen to your body. Hear yourself breathing, slowly, smoothly, rhythmically. Feel the heaviness in every muscle of your body as you relax and see yourself as you are, deeply relaxed. Continue this relaxation, letting go of any remaining tension, and allowing yourself to just be comfortable in this moment. By listening to the body, and stilling the body, you can become aware of the restorative work the body does on a day by day basis, healing sore muscles, life to each cell of the body feeling a sense of wellness now increasing in every muscle and cell of your body. Each day healing takes place as we sleep, each day healing takes place as we flush our body with the water of life, and each day our bodies are restored by proper nutrition, feeding wellness into every aspect of our bodies. This of course, is very important to an athlete, this natural healing our bodies are designed to create, and you control this each and every day in each and every way. You can control this by drinking ample water, maintaining healthy eating patterns and getting enough rest. You can of course also promote healing and wellness, which will equip your body to experience maximum performance at any time in the days or weeks before a big event or after injury to just let your body heal, just as you are doing now. Notice what it feels like to watch the body restore itself. It’s almost as if you can hear the growth in muscle, the silent movement of flexible joints and the voice of your cells cheering for recovery.

Suggestions for Managing Performance Anxiety

In the past you may have found yourself comfortable in solitary practice or comfortable performing with your team members, but feeling different at the time of a gig game or when performing in front of a

crowd. Because these two situations are, in fact, different it makes perfect sense that one might feel different in front of a crowd than when in practice. Even though it makes sense for these feelings to be different, it is quite possible for you to recognize that you are still the same you, regardless of which situation you find yourself in. And so, anytime you find yourself uncomfortable before a crowd, you can take a moment to see the you that you are in practice, and bring that to the moment by simply visualizing that you from practice running into the you in front of the crowd. Perhaps you have seen a Hollywood science fiction movie, where a character from a different time and place runs to catch a character that is under stress in the present. In Hollywood, they often let that old self merge fully into the new self, giving power, stamina and confidence to the new self.

Right now, right here, as you listen to this audio file, let yourself feel a sense of confidence. Think back to a practice or a scene where you performed your very best. Perhaps it was alone, or with others even teammates, but pay attention to the feeling you had at that moment of confidence, success and feeling comfortable with your growing abilities.

Do you feel that feeling of confidence now? Perfect.

Any feeling you can create here while listening to this audio file, you can create at any time in any situation, even during a big event. You can test this immediately before your next performance by thinking of this moment and noticing what it feels like to bring the power of the you at this moment to the present of that situation.

Suggestions for Increasing Concentration and Focus

Just as you practice the movements of a sport, you must also practice the art of concentration and focus. At any moment during a busy game or event, the unwavering focus of top performers is a trait consistent with success. You may already have an easy time with this, or you may find that you are one of the many people with a wandering mind, who to this point may have had a hard time concentrating or focusing. I used the past tense here, because now you have committed to learning something new, and in fact have already taken action on this by choosing to learn self-hypnosis. And just as your diligence in athletic skill has helped you increase your potential, you have made the determination to increase your acuity in this area, and the results are predictable. Anytime we endeavor to improve, and take the time to do this, we always make improvement. This is an axiom that has been proven time after time. In fact, you have already become this practice by beginning this session focusing on a place on the far wall (eye fixation was utilized during the induction) and as easy as you can bring your attention to something as meaningless as a spot on the far wall, you will find it easy to focus your attention on something important during any big event.

There is something you do each day without thinking about it. You have done it each day since the day you were born, and will continue to do it each day for the rest of your life. And this is, of course, breathing. One way to practice attention and concentration building skills is to intentionally draw your attention to something mundane and automatic like our breath. And so right now, right here, pay attention to your breathing. Notice how as you slowly inhale you can feel the air in each nostril and its pathway through the back of your throat and into your lungs. Visualize each breath, like a swimmer

turning at the end of a lap, becoming an exhale in the lungs, and pay attention to the way it feels to expel this air.

Breath. Each one, in and then out.

Each and every morning start your day by taking 2-3 minutes to just focus on your breath. Find a comfortable chair to sit in and pay attention to your breath for a few minutes. Anytime during this exercise you find your mind wondering or drifting, bring your attention back to your breath, doing this each and every day each and every morning. This daily practice will help you develop a new automatic skills, the skill of attention, or mindfulness to the moment, and you will find the result is an increased concentration and focus in every activity of the day, and the ability to simply choose where you place your attention, even in practice of sport or during your performance of sport.

Suggestions for Maximizing Performance

The research has shown that top athletes find an optimal zone for both physical ability and mental sharpness. This level is achieved by using the subconscious mind to perfect your performance. You see, as you engage in your chosen sport, you want it to be like driving a car or breathing, something you do automatically. Visualization is a tremendous way of moving towards your own zone of optimal performance. The amazing thing about the mind is that anything that is a reality had to be an idea first. And so for you to function at your highest level of performance, that idea must be rehearsed.

So right here and right now, take a moment to see yourself as you know you can be. Imagine you are watching yourself on a large movie screen, sitting comfortably in a theatre, seeing the images of yourself on the movie screen. See yourself in that zone of perfect physical functioning and mental security. See yourself engaging in your sport, doing what you love. Feel the excitement; hear the crowd cheering you on.

Now, think of a shot, a play or a maneuver that has been difficult for you.

And imagine you are watching a move of you flawlessly executing every aspect and attribute of that feat. Imagine a movie where you each and every time perform just perfectly, watching yourself execute success in every aspect of that performance.

We are now going to watch it three times in slow motion.

The first, see yourself without sound in that moment of perfection. Pay attention to your legs, your arms, your head and your eyes, seeing yourself in every way mastering your sport and achieving the perfect success.

Now stop the movie, and play it a second time, this time listening to your breath, listening to your body and hearing the cues that lead you into a perfect connection.

And stop.

Now play it again, but this time imagine you stepping up into the screen and this imagine fully becoming you, feel the sweat, feel the effort, feel the connection you make and feel every muscle in your body succeed with its greatest capacity.

And stop.

Perfect.

By creating this idea here, and practicing these exercises, you have become the process of turning thoughts into real experiences. Whatever the mind can conceive, the body can achieve and each day over the next day or two, or over the next week or two, take some time to practice this exercise over and over each day. You will, of course, find that the results maximize your performance, and you will be at the apex of your success during both practice and at the critical moments.

Suggestions for Functioning on a Team (indirect suggestion using story)

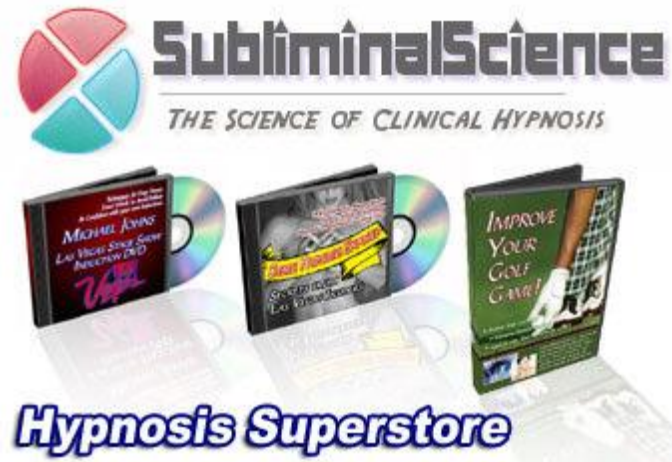
Before we conclude, for some reason I am reminded of something that happened to me years ago. I had a meeting to go to that was very important. I was in a different city, and staying at a motel near the highway. There were many truck drivers, workers and other people all checking out in the morning and enjoying the free coffee at the motel. I got in my car, a car that was a stick shift but it just wouldn't start. Because it was a stick shift, I knew I could roll the car and pop the clutch starting the car and making it to my meeting. Although I was with a friend, she was not strong enough to roll the car with any speed, and I couldn't help since I had to sit in the driver's seat to pop the clutch. A few of the other guest were paying attention to what must have been a comical sight, and one large construction worker came out to help. He helped to push the car into a position where it could be rolled, but it was an older car, and very heavy and so the first attempt just didn't have enough speed and failed. Two or three of the other guys in the lobby then intuitively emerged from the lobby and began pushing my car. Even though there was no hill in sight, with all of this help I was able to get the car going. Of course the learning here is something you already know, that as a team we can accomplish much more than we can as an individual, by paying attention to the needs of other members, and each playing the right part, we can accomplish something together that is important to all.

Note to hypnotherapists: You may adapt this script to any individual issues and integrate it with other techniques and ideas. A good script should be one that encourages you to explore possibilities with clients, but should always be adapted to individual need. Please join our forum at www.ICBCHForum.com to interact with other professionals and to get input and ideas form others.

-Richard Nongard

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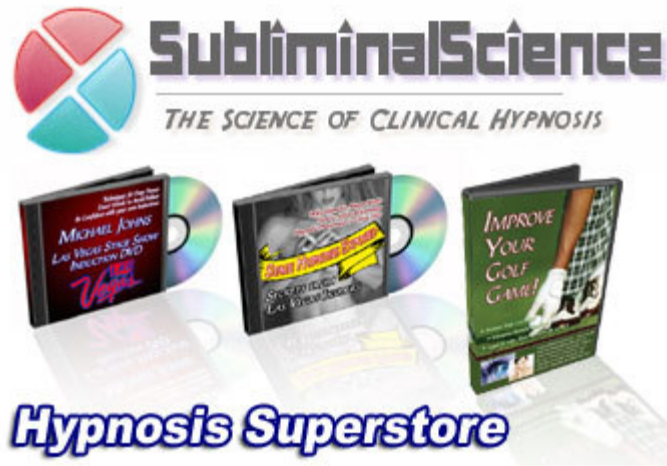


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SPORTS PERFORMANCE **Suggestive Therapy Script**

SAMPLE HYPNOSIS SCRIPT

The following is a sample hypnotic script you would speak (read) to your clients.

It is difficult here to impart the proper inflections, pauses and so forth that your voice will emphasize when you speak, and so you will need to read them several times, practice reading aloud, and use some common sense when delivering such pre-arranged scripts.

You must understand that the language used in suggestive scripts is not always grammatically correct. Fragments are used, contractions are used here but not there, and sometimes words are just made up. Hypnotic language is often vague, confusing and uses nominalizations or other wording that avoids resistance in the subconscious, but again, is grammatically incorrect.

While this would not be acceptable for a college term paper, it is acceptable for our purposes. No one but you will read the script; the only grade you will receive is via the progress of your client.

I hope you find these scripts useful - to both you and your clients!

~ Richard K. Nongard, LMFT/CCH

SPORTS PERFORMANCE - CIRCLE OF CONFIDENCE

Now that you are feeling completely relaxed and in control, think back to a time when you were successful at your sporting activities ...

A time when you reached and then exceeded your personal performance expectations ...

Everyone cheered for you, because you did so well...

That was one of the happiest times for you...

You were in control and confident of your actions.

You knew what to do, how to do it, and you did it well.

Now, recreate in your mind the very emotions that you felt at that time...

Re-experience the power you felt, the success you achieved, the excitement of the moment...

Allow yourself to feel those feelings again now...

Now, as you stand under the clear blue sky, just as you were able to imagine the single white puffy cloud floating by, you now have an imaginary stick of chalk in your hand.

With that chalk, draw a big white circle.

Just seeing this circle instantly creates wonderful feelings for you.

This is your circle of confidence and success.

You will always have a stick of chalk with you in your mind, and you can draw this big white circle around you and your game at anytime you wish, for the rest of your life.

Now step into your circle.

Feel the power and control of the circle.

From this point forward, when you are inside your circle, you will instantly begin to feel confident and successful, as you have felt before when you performed so well.

From this point forward, anytime you begin to feel anxiety, or worry, or stresses about your game or abilities, you can simply step into your circle of confidence, and those worries and stressors will simply melt away, leaving you feeling confident, successful and refreshed, under that clear blue sky.

You know how to play the game, and you know what it takes to do well.

You have confidence in your ability to succeed with every move you make.

When you step into that big white chalk circle that surrounds you and your game, you will be able to take consistent action to achieve your sports performance goals.

< NOW YOU CAN DO ANOTHER SUGGESTIVE SCRIPT - OR A DEEPENER - OR AN AWAKENING >



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Study and Exam Success

Induction of Choice

Suggestive Therapy:

You begin your study session by preparing all of your study materials and study area. You have your space organized and comfortable. You have plenty of water, paper, pens, pencils, highlighters, index cards, computer, tablet, books and any and all other necessary materials that you will need.

You sit down. You wiggle your toes, you wiggle your butt and take a deep breath in through your nose and slowly release through your mouth. You are grounded, centered, mindful and in the moment.

As you close your eye lids, you bring the palms of your hands to your eyes and slowly move them down your face, chest and into your lap. You take another moment to breathe and to be ever more present and conscious in your body.

When you are ready, you open your eye lids and reach for your paper and pen. You reflect on your goals for this study session and the final outcome that you desire for this course or exam that you are preparing for.

You write down one, two or three suggestions regarding your outcome. You read these suggestions over five times, you shut off your Light Switch, closing your eye lids and take yourself to your happy place. Here you focus on the outcome of your suggestions for about a minute or so.

You have easy recall of the information and using the power that is at work within you to do far more than you dare to ask or imagine, you pass this course or exam with outstanding success.

You diligently study for success. You schedule the time throughout the week that is required for you to ensure your success and you make this study a priority in your life. You easily comprehend the information you are reading and hearing in class and you have easy recall of this information. You are pleasantly surprised

with the interest you have in this information and are delighted by the challenge of learning.

You attend each class, arriving with plenty of time to get to the restroom, choose a seat in the class room and unpack your instruments for learning. You listen attentively, you are focused and mindful, aware of your feet on the floor, your butt in the chair and aware of your breath. Your breath is slow, steady,..... and deep into your body. You are present and conscious in your body so that you easily learn and understand the information that is presented and have easy recall to it when necessary.

Later on, you study the class learning by preparing all of your class notes and study materials and study area. You have your space organized and comfortable. You have plenty of water, paper, pens, pencils, highlighters, index cards, computer, tablet, books and any and all other necessary materials that you will need.

You sit down. You wiggle your toes, you wiggle your butt and take a deep breath in through your nose and slowly release through your mouth. You are grounded, centered, mindful and in the moment.

As you close your eye lids, you bring the palms of your hands to your eyes and slowly move them down your face, chest and into your lap. You take another moment to breathe and to be ever more present and conscious in your body.

When you are ready, you open your eye lids and reach for your paper and pen. You reflect on your goals for this study session and the final outcome that you desire for this course or exam that you are preparing for.

You write down one, two or three suggestions regarding your outcome. You read these suggestions over five times, you shut off your Light Switch, closing your eye lids and take yourself to your happy place. Here you focus on the outcome of your suggestions for about a minute or so.

You have easy recall of the information and using the power that is at work within you to do far more than you dare to ask or imagine, you pass this course or exam with outstanding success.

You diligently study for success. You schedule the time throughout the week that is required for you to ensure your success and you make this study a priority in your life. You easily comprehend the information you are reading and hearing in class and you have easy recall of this information.

The day of the exam, you arrive prepared with the necessary writing instruments. You sit down. You wiggle your toes, you wiggle your butt and take a deep breath in through your nose and slowly release through your mouth. You are grounded, centered, mindful and in the moment.

You write down one, two or three suggestions regarding your outcome for this exam. You read these suggestions over five times, you shut off your Light Switch, closing your eye lids and take yourself to your happy place. Here you focus on the outcome of your suggestions for about a minute or so.

You have easy recall of the information and using the power that is at work within you to do far more than you dare to ask or imagine, you pass this exam and this course with outstanding success!

When you receive the results of this exam and this course, you are elated with your accomplishment. You feel proud, confident and ready to take on your next achievement.

So now, go ahead and begin your study feeling confident, easily understanding the information, easily retaining the information knowing that you have easy recall of this information.

(Give any other specific/direct suggestions and bring them back)



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Sample Goal-Setting for Success Script

SAMPLE SCRIPTS

The following is a sample hypnotic script you would speak (read) to your clients.

It is difficult here to impart the proper inflections, pauses and so forth that your voice will emphasize when you speak, and so you will need to read them several times, practice reading aloud, and use some common sense when delivering such pre-arranged scripts.

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I hope you find this script useful - to both you and your clients!

- Richard K. Nongard, LMFT/CCH

GOAL-SETTING HYPNOSIS

> *Pre-Talk*

> *Induction*

Transitional Deepener:

I don't know if you are totally relaxed and hearing every word I use, or only every other word, or every fifth word, but you can decide for yourself what words you need to hear as you continue to relax deeper, drifting, floating and lazily dreaming.

Story/Metaphor:

I want to tell you a short story about a man I have met named Jordan.

He is known as "The Maverick Millionaire," which is the title of one of his books.

He began his career early, at the age of 14, by listing a helicopter, of all things, for sale on the Internet.

It wasn't his helicopter; it was a helicopter for sale by a friend of his family, and he simply took the initiative to list it on various bulletin boards all over the Internet, and it sold.

The family friend paid him a commission of \$2500, and his accidental career as an Internet aviation dealer was born.

What is important about this story is that at age 14, he did not yet have experiences that told him something couldn't be done.

He never knew defeat because of these early successes, and as a result, his dream circle never became smaller and smaller, but rather larger and larger.

With each incremental success his vision grew, his goals became larger, and his plan for success grander.

Within each one of us is a child, unimpeded by question, failure or self-doubt.

A child that can dream big and grow larger with each success, viewing eventually every task as a challenge for success.

Transitional Deepener:

As you reflect on this story, allow yourself to experience a deeper sense of relaxation and creativity, feeling the mind open and return to a state of optimistic, unimpeded youth.

Use that part of the mind where creativity exists to depart from the blocks of the adult world, and to focus on the freedom creativity brings.

Directive Script:

Imagine yourself creating a dream circle that is huge.

Able to experience unlimited creativity, innovation and success. Create a positive image of you feeling successful and achieving your goals.

They say what the mind can conceive the body can achieve, and as you create this powerful imagery of you being successful, and enlarging your dream circle, you can undoubtedly create reality from these internal strengths.

At this very moment, all of the resources you need to set goals, reach objectives and experience success are deep within you.

Draw on your preconscious hopes and dreams to create in your mind the sensation of success.

It is amazing how this feels, and is a feeling you have the capacity to create, which means you have the capacity to make this reality.

Each day in every way, you will find yourself writing goals for both the short-term and the long-term, becoming a goal-setting machine, capable of refining and creating innovative, positive and important goals.

It will be easy for you to do this because you are capable of tapping into the preconscious desire of youth to regain control and power in life, no matter the setbacks or limitations you may have experienced to this point.

It is a natural inclination to enlarge your dream circle, to ignore the self-limiting impositions others thrust upon themselves, and to experience success at every level.

Transitional Deepener:

Imagine.

Create.

Innovate.

With each word allow yourself to dream, drift, float or rise to your inner strengths, and experience the fullness of life within you.

Allow yourself to experience a deeper level of trance as you recognize your how unstoppable inner strengths create a sense of power in you life.

You may be very alert right now, concentrating on this powerful experience within your mind, or perhaps you are leisurely experiencing trance and the sensations of creation.

Either way is fine, you are remaining focused on your transition of a new chapter in life either way, and this new chapter will bring positive changes related to your creating of each goal.

Hypnotic Phenomena: (Age Progression)

It is entirely possible for you to see the future - not as a factual news story predicting the future, or as a psychic phenomena - but rather it is possible to project yourself into some time and place in the future using the inner strengths you possess, and to see yourself entirely as you will be as you create each and every goal.

A month from now, a year from now, and even ten years from now.

See yourself having acted on your dreams and goals, and see yourself in the future actively completing a dream book, writing goals on a daily basis and creating images of success.

The first step in achievement is to have a goal, a vision, a clear picture of success, and this is a step you have already taken.

We know this is true because you have participated in this session and allowed yourself to open the creative part of the mind to new experiences and learnings.

As a reminder of this success, the color GREEN... Will become brighter, sharper, crisper, clearer.

You will see it more often on a sign, in your pocket, the color of grass or even on TV. Every time you see the color green, it will be an internal reminder to you of your ability to goal-set, to take action to achieve these goals, to move from this point forward into success, dreaming large and accomplishing your goals.

> Awakening

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