



**Look Good. Feel Great!**  
Hypnotherapy – mind over matter



## Go for gold!

**Dr Casey Chua of HYPNAE CENTER  
reveals the secret to winning.**

**G**old medals are often awarded to the athlete with the stronger mind. Many great athletes attribute their success to their ability to keep a calm mind during times of intense pressure. The moment they become tense, their performance usually declines.

In hypnotherapy, the conscious mind is the weaker, rational mind. It's actually the subconscious mind that possesses the strength and potential for achievement. When an athlete doubts his or her talent, or underperforms, this is because they've allowed the conscious mind to rule. A good example of this is when a top tennis player loses a match to a less-experienced opponent.

Remember those moments when you played golf and performed way beyond your expectations? It's likely your conscious mind stepped aside for a moment and permitted your subconscious to reveal a hint of its potential. Hypnotic conditioning can develop this potential even further, enabling you to raise your performance level.

Hypnosis helps you identify limiting beliefs and eliminate any mental obstacles. It helps you retain positive thinking patterns – even when doubt exists. Without anxiety, you'll focus on the task at hand and won't be distracted by fear or worry of the outcome. Instead of working in conflict, your mind and body will work in harmony. Hypnosis can also help you:

- ❖ Achieve a more positive attitude.
- ❖ Improve motivation, morale and confidence.
- ❖ Visualise and determine goals.
- ❖ Eliminate fear of failure or humiliation.
- ❖ Relax and control performance anxiety.
- ❖ Reduce recovery time from injury.
- ❖ Achieve heightened mental focus and concentration.
- ❖ Increase energy levels.
- ❖ Improve coordination, technique and your awareness of proper form and posture.
- ❖ Secure consistent, peak performance.
- ❖ Achieve your personal best.

Hypnosis is used in all sports, including weight lifting, golf, tennis, canoeing, cycling, triathlons and swimming. It can help experienced marathoners, or weekend athletes. By training your mind you can push your performance further and higher, compete at a consistently higher level, and enjoy immense satisfaction. For years professional athletes have used hypnosis to improve their performance, now you can too. **F**