

## 2). MENTAL EDGE IN SPORT.



- \* In any competitive sport, whether a local tennis club or an Olympic marathon - the difference between a great player, and a champion or winner - is the one who has a MENTAL EDGE.
- \* This is especially when physical skills are equally matched.
- \* The following strategy also applies to any other areas Of life, where a successful outcome is desired, and even more so, if it is in a competitive field.
- \* A common mistake, as I heard a so called expert on TV recently say - is to work harder and try harder. This simply doesn't work, and only gets you stressed out. Sheer willpower will not get you there quickly and easily, if at all.
- \* The trick or strategy, then, - is to programme your desired outcome into your deep, subconscious memory.
- \* A psychologist could help you do this effectively with Hypnosis - but you can actually do it yourself.
- \* Pick a time when you are deeply relaxed, such as just before you fall asleep, and when you just wake up.
- \* VISUALISE in detail - what you want to achieve. eg. Roger Federer was known to spend an hour before a tournament, Visualising - to be hitting Aces. When he went onto the court to play, he would hit many Aces, each as though without warning - he didn't seem to plan them. This is because he had programmed himself hitting aces - deep in his memory - so that it would happen automatically, without any conscious effort.
- \* While playing tennis, deciding at a conscious level to hit an ace, takes a split second or more to prepare, as well as displaying some body language, that the opposing player may detect.
- \* Our Brain is very good at storing positive instructions into our deep memory, and then acting on them when needed - but if we try to do this when we are stressed or mentally overactive, as in trying to force will power - those instructions of hitting aces or what we are trying to achieve - simply don't get into our deep memory. This is why coaching instructions just before the start of a team competition often get forgotten, if players are over stressed. I actually heard a brilliant player being interviewed during a quarter break, and asked by the reporter why he played so terribly. The player said that he couldn't remember any of the instructions and strategies the coach gave just before the match.
- \* One chap I knew, Dr Ashley Craig, a professor of Neuropsychology, who specialised in Brainwaves - was aoriginally my tutor, one semester during my Health Science degree course. Then a few years later I met up with him when I was testing my Brain wave patterns on my first Brainmaster unit. He was so impressed with what I was doing, that we collaborated on a project together - but that's another long story.
- \* Dr Craig told me how he had recently been given a government grant - to spend on a project at the Panthers football club. The club president, whom he knew, had asked him to help the coach and players improve their MENTAL EDGE - because the team was at the bottom of the ladder.
- \* Dr Craig worked with both the coach and the players - explaining and using the above strategy.
- \* He also explained to them the brainwave pattern needed in the Limbic area - it had to be balanced, and with plenty of the low Delta and Theta brainwaves that are associated with memory.
- \* This is also exactly the brainwave pattern when wearing a Pyramid Pendant, but of course, they weren't around then - but the strategies coaching was always done with as much effort as possible placed on also being in a relaxed state.
- \* A few weeks later, the team had risen to 2nd from top of the ladder.
- \* One example of my own, is that of a 27 year old chap who had just turned professional. We communicated by phone because we lived interstate from each other. He had problems with his putting. All I told him was to visualise in as much detail as possible, exactly how he would putt successfully - and do this just before going to sleep and as soon as he woke up.
- \* He rang me a few weeks later to tell me he had won his first tournament.