

MENTALE
Sporthypnose · Selbsthypnose



STÄRKEN
Mentales Training · Coaching

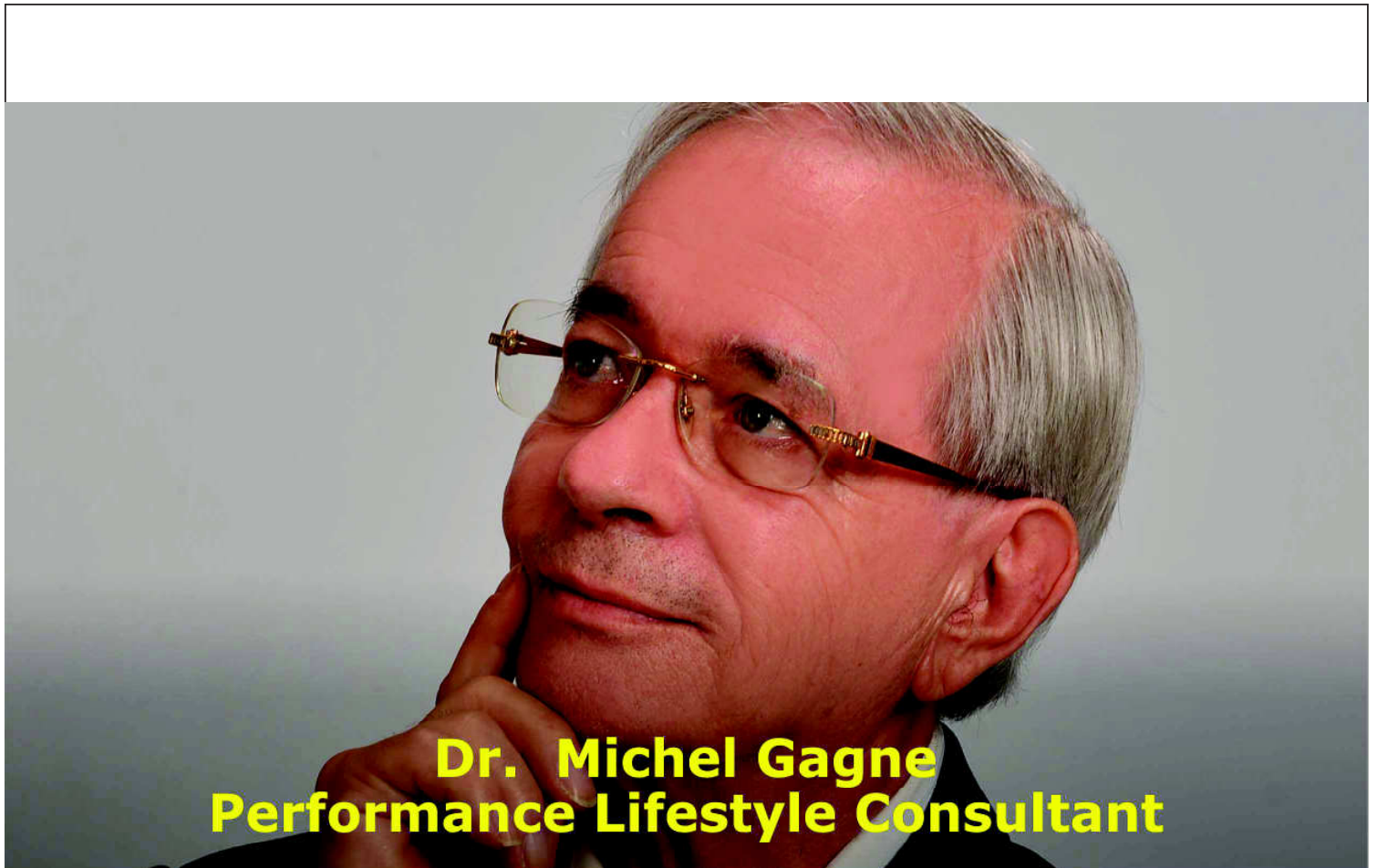
02.11.-05.11.2023 · Würzburg

6. Tagung Mentales Stärken

Coaching, Mentales Training, Auftrittcoaching, Sporthypnose, Personalentwicklung uvm.



**Master the Habits of Success
and High Achievement**



Dr. Michel Gagne
Performance Lifestyle Consultant

According to neuroscience, your subconscious mind runs 95% of your life...

◆ And it's limiting beliefs and emotions hidden in your subconscious mind that prevent you from overcoming your challenges, achieving your goals and living the life you truly desire...

For example, let's say you want to make more money but deep down in your subconscious mind...

◆ You believe "you have to work hard to make money" and...

◆ You feel stress or worry whenever you think about money...

- ◇ You feel stressed or worry whenever you think about money...
- ◇ You'll continue to struggle with money (in this case) because in your subconscious mind you associate "more money" with "more hard work" and "more stress and worry" which you would prefer to avoid.
- ◇ **If you've tried other healing methods in the past that didn't work for you, it's probably because they only worked with your conscious mind and not with your subconscious mind.**

95% of our Life comes from the Programs of Life

- ◇ **How to Live the Life that We get In?**
- ◇ ***Everything comes from the first 7 Years of Our Life.***
- ◇ **That's Why POOR People stay POOR.**
- ◇ **And RICH People stay RICH.**
- ◇ **EVERY HUMAN FIRST 7 YEARS...IS A DOWNLOAD THROUGH HYPNOSIS IN THETA.**

**GIVE ME A CHILD UNTIL HE IS 7
YEARS OLD AND I WILL SHOW YOU
THE MAN**

**YOUR LIFE IS A PRINTOUT OF
YOUR SUBCONSCIOUS BEHAVIOR**



**"Give me a child for the first
seven years,
and I'll give you the man."**

*Francis Xavier (1506-1552),
co-founder Jesuits*



❖ For over 400 years, the Jesuits were aware of something that science has only recognized in the last few years.

❖ This saying expresses a simple fact; **between the last trimester of pregnancy and its' first seven years of life, a child's brain is predominantly operating at a theta, a low vibration below that of**

<https://www.facebook.com/727173754/posts/10157799669188755/>

consciousness.

Children are like SPONGE, they absorb everything that they see and listen.

Stop teaching them and start working on your behaviour around them.

They won't understand what you say but will follow what you do.

Future of your kids is in your hands

CONSCIOUS MIND

= WISHES AND DESIRE

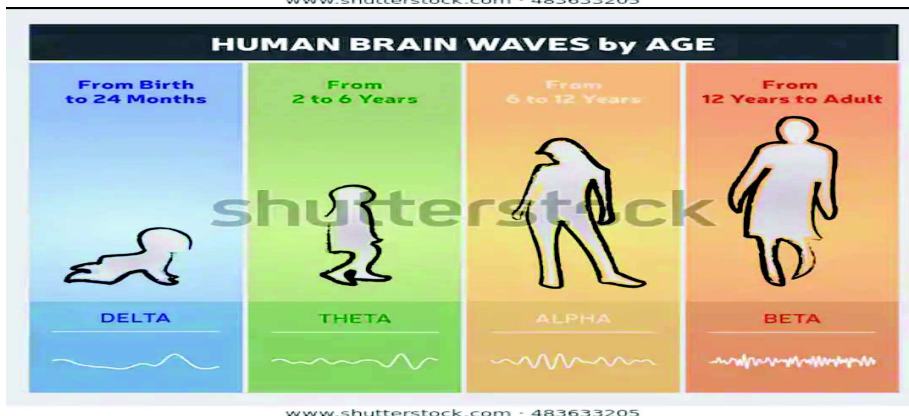
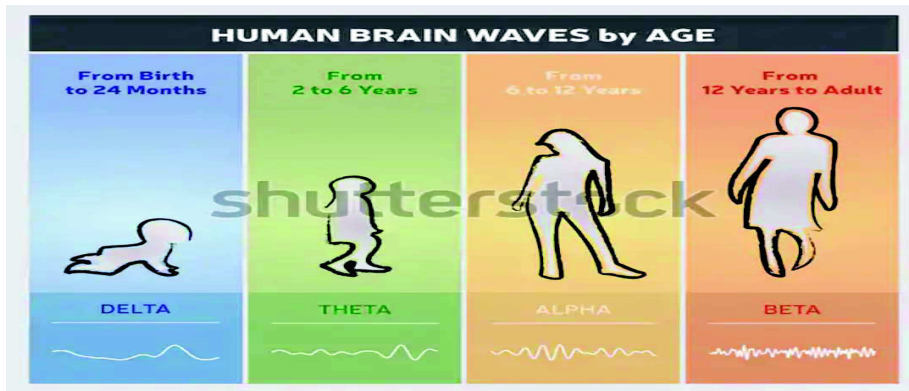
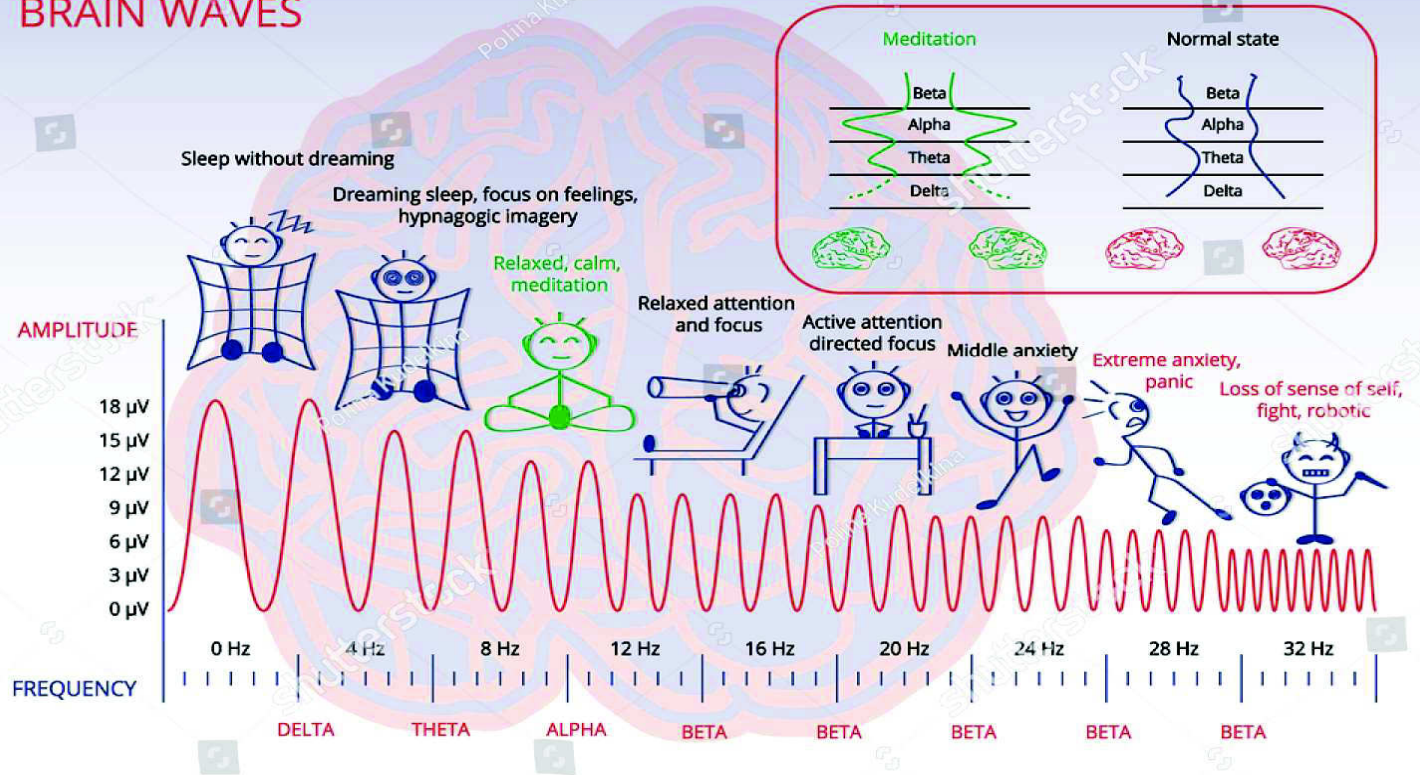
SUBCONSCIOUS MIND

= PROGRAM

BRAINWAVE FREQUENCIES

Frequency Range	Name	Brain State
40 Hz	Gamma waves	Inspiration, Higher Learning, Focus
13 to 40 Hz	Beta waves	Alertness, Cognition, Concentration
7 to 13 Hz	Alpha waves	Relaxation, Visualisation, Creativity
4 to 7 Hz	Theta wave	Dreams, Deep Meditation, Hypnosis, Intuition, Lucid Dreaming
< 4 Hz	Delta waves	Healing, Deep sleep, Detached Awareness, Out Of Body Experience,

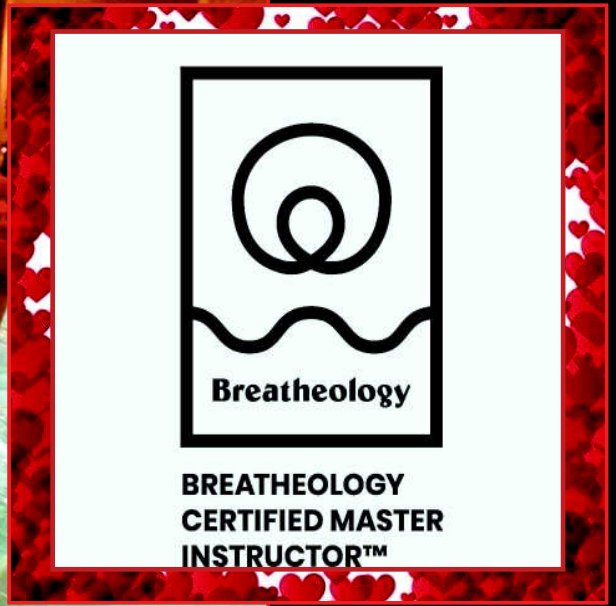
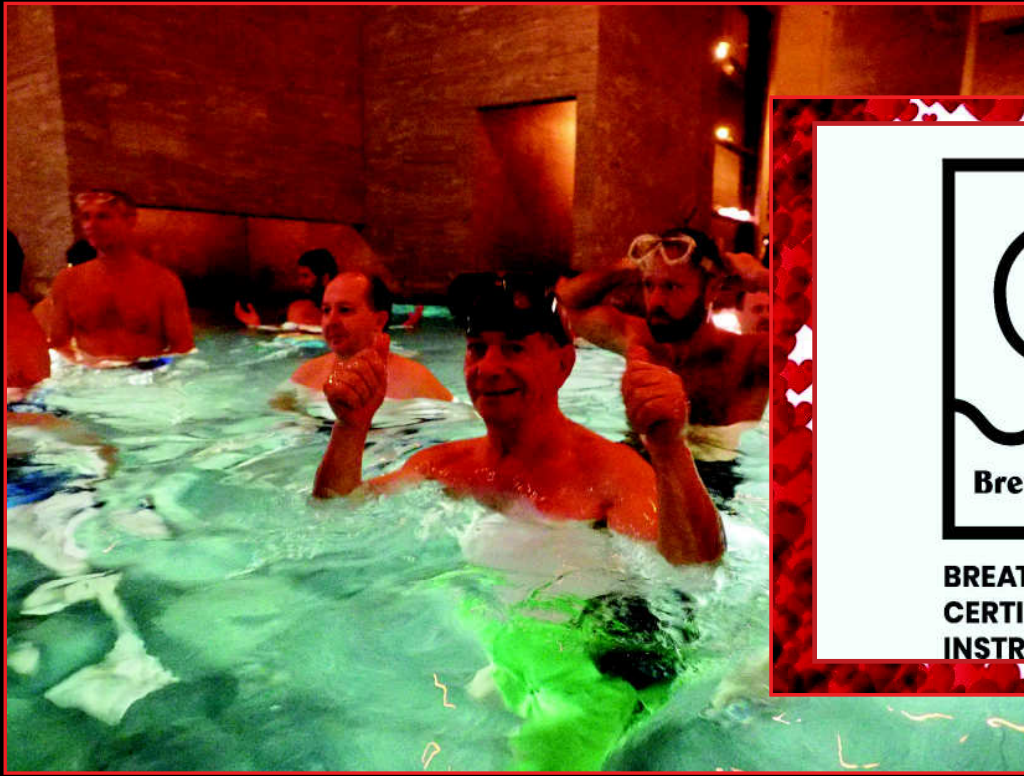
BRAIN WAVES

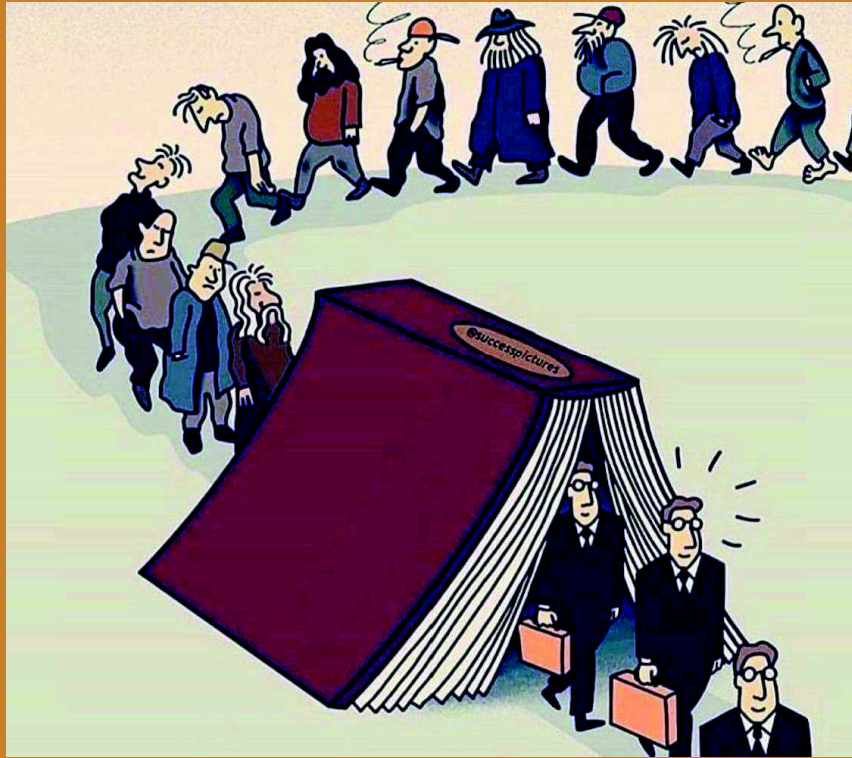


Using the Tools of your Mind to Create

- ◆ The subconscious processes *400 billion bits of information per second* at a level at a
- ◆ Consciousness processes *2,000 bit per seconds?* information per second and its impulses at 100-150 mph.

**WHAT IF
YOU CAN MAKE
YOUR WISHES AND DESIRE
AS PROGRAMS**





Successful people know
what they want...

unsuccessful

**AND THAT'S THE
CHAMPION WITHIN**

...they don't, they just
want what they 'think'
they want...





“Attract what you expect, reflect what you desire, become what you respect, mirror what you admire”

Sivasangari Subramaniam
12 November 2019

The ME
I SEE Is the
ME
I will BE



25 Olympic Medals Speed Skating Montreal International Club



WINTER OLYMPIC GAMES 1980 -1994

25 MEDALS - 6 GOLD MEDALS - 6 SILVER MEDALS - 13 BRONZES MEDAILS (13)



Synchronized Swimming at the 1992 Summer Olympics



THE ANSWER

- ◆ You feel stress or worry whenever you think about money...
- ◆ You'll continue to struggle with money (in this case) because in your subconscious mind you associate "more money" with "more hard work" and "more stress and worry" which you would prefer to avoid.
- ◆ If you've tried other healing methods in the past that didn't work for you, it's probably because they only worked with your conscious mind and not with your subconscious mind.
- ◆ The **THETA MIND techniques** however, work directly with your subconscious mind, giving you a deep conditioning experience and transformation that lasts.
- ◆ What does **THETA MIND techniques** help with?

ACHIEVEMENT HABITS SELF-ASSESSMENT EXERCISE

Wallace D, Wattles 1910

There is a thinking stuff. From which. All things are made.

And which. In its original state. Permeates. Penetrates.

And fills. The interspaces. Of the universe.

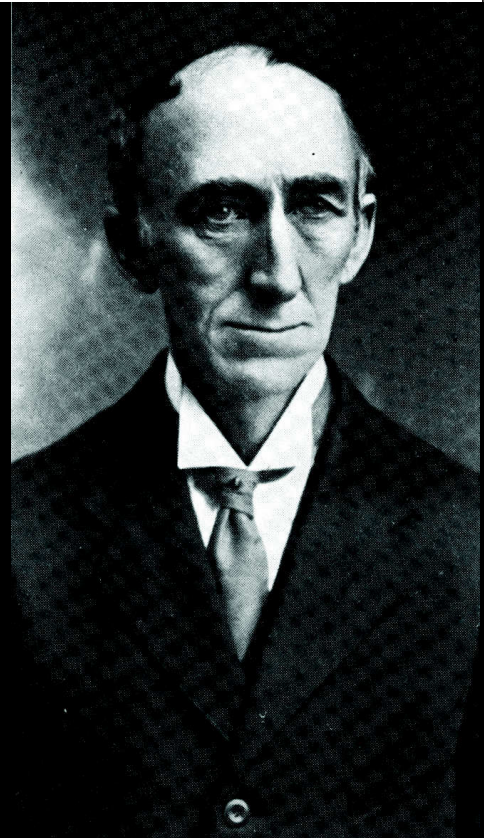
A thought. In this substance. Produces. The thing.

That is imaged. By the thought. Man can form things. In his thought.

And. By impressing. His thought.

Upon formless substance. Can cause.

The thing he thinks about. **To be created.**



Think in terms of "I" always, often, sometimes, seldom, or never express the characteristics of the desired behavior.

Then, circle the appropriate number on the scale that corresponds to your response.

1	2	3	4	5
NEVER	SELDOM	SOMETIMES	OFTEN	ALWAYS

Mental Habits

1.Sensory Goal Vision: The habit of translating every goal into specific, welldefined images rich in vision, sound, touch, taste, smell, and emotions.

◆ Pre-living the realization of the goal and its positive consequences in rich multi-sensory details.

Mental Habits

2. Disciplined Mental Application: The habit of sustaining a long, hard work effort toward the desired end without receiving immediate results.

- ◆ The ability to see a worthwhile goal through to completion. The patience to build a foundation of success, step-by-step, with giving up because it seems like too much effort.

Mental Habits

3. Search for knowledge: The habit of continually increasing one's knowledge base through study and reading, especially of biographies that provide positive model from which one can build success blueprints.

- ◆ Continually learning from the experience of others and applying the learning to everyday living.

Mental Habits

4. **Creativity:** The habit of creatively turning problems into opportunities.

- ◆ The ability to conceive, develop, refine, and transform one's opportunities into successes.

Emotional Habits

5. **Confronting and Conquering Fears:**

The habit of challenging and tackling "head on" subtle fears, everyday doubts, and self-imposed limitations that hold one back from realizing an ultimate level of enjoyment and success.

Emotional Habits

6. Inner-Directedness:

The habit of taking responsibility for your actions and their consequences.

The ability to create an internal driving force without becoming dependent upon the approval and acceptance of others for motivation.

Emotional Habits

7. Capacity to Develop Warm & Lasting Relationships:

- ◇ The habit of viewing others as possessing intrinsic worth and goodness.
- ◇ Taking the time to listen to others and give emotional nourishment.
- ◇ Valuing the closeness of spouse, children, and family. Holding the value that no success can compensate for failure in valued relationships.

Emotional Habits

8. Time Competency: The habit of viewing others as possessing intrinsic worth and goodness.

- ◆ Taking the time to listen to others and give emotional nourishment. Valuing the time spent with spouse, children, and family.
- ◆ Holding the value that no success can compensate for lack of time spent in valued relationships.

Emotional Habits

9. Constructive Criticism: The habit of taking constructive criticism to heart without getting angry, feeling rejected, or put down.

- ◆ Utilizing constructive feedback as an opportunity to maximize personal growth and development, measuring it against your strengths and weaknesses, and, then, developing a plan of action to improve the necessary attitudes, behaviors and skills.

Emotional Habits

10.Power: The habit of making others think more of themselves.

- ◆ A constant feeling of self-assuredness that accompanies a continual effort toward self-mastery.
- ◆ The ability to magnetically draw people toward you because of the way you bring out the best in them.

Physical Habits

11.Stress Control: The habit of avoiding the buildup of stress and when it is present, taking the necessary steps to diffuse it through natural means of control.

- ◆ Such as soothing THETA music, mild meditations, or regularly scheduled periods of relaxation and pleasurable leisure activities.

Physical Habits

12. Resistance to Illness and Disease: The habit of harbouring and including thoughts and images in mind that are health and vitality-oriented.

- ◆ Maintaining the attitude that you have no time to be burdened with the problem of physical illness.

Physical Habits

13. Nutritional: The habit of "eating to live" and not "living to eat." The pervading philosophy of "moderation in all things."

- ◆ The habit of enjoying vitamin-enriched vegetables and fruits, lean meats, poultry and fish more than salt and sugar-rich, high caloric foods.

Physical Habits

14. Physical Exercise: The habit of participating in regular aerobic exercise.

- ◇ Valuing the joy of exhaustion and the victory of spirit that results from the body and mind surpassing old physical limitations and expanding to meet new physical challenges.
- ◇ The prevailing attitude that oxygen is the life source and the energy substance of vitality.

Physical Habits

15. Energy Rejuvenation: The habit of adequate rest and sleep.

- ◇ The ability to shut off the mind at night in order to enjoy enough hours of energy-revitalizing sleep.
- ◇ The habit of waking up refreshed and energized each morning, looking forward to the challenges, opportunities, and joy the new day will bring.

Financial Habits

16. Dollar Sense: The habit of foregoing the momentary thrills of luxury items to develop a financial foundation based on solid capital generating investments.

- ◊ Once the financial foundation has been firmly established, such luxury items can be more fully enjoyed.
- ◊ The prevailing philosophy that anything you spend your money on must return to you a value or service that will generate more benefits in the future.

Financial Habits

17. Financial Control: The habit of budgeting your resources and knowing where each of your dollars goes and what they will return.

Financial Habits

18. Career Security: The habit of returning to your employer in measurable income at least ten times the dollar value you receive in pay.

- ◆ The habit of quantifying your direct contribution to profit rather than basing your sense of job security and future career growth on skills you feel to possess.
- ◆ Habitually translating skills into measurable dollar contribution to your organization.

Financial Habits

19. Law of Compensation: A habitual understanding and application of the natural law of return governed by the principle of whatever one unselfishly gives of their substance will be returned in its own kind many times over.

Spiritual Habits

20.Spiritual Focus: Continually bringing into focus, reviewing, and refining the habits of mind, body, emotion, and material substance.

- ◆ In-depth reflection focusing on what (**the DIVINE**) you might be against where and what you are now or have been in the past.

Spiritual Habits

21.Sense of Higher Self: A pervading perspective and feeling of Divine purpose.

- ◆ An internal sense of the ability to organize, create, and bring into being those things in life which seem impossible for the common man or woman.
- ◆ A dignified sense of self-worth and respect.

**BE THE BEST YOU CAN
BE
NOTHING ELSE**