



The exercises below – Repose and Feelazation – are just two of the visualizations/feelazations offered in the **Sports Hypnosis Certification Course** approved by the National Guild of Hypnotists (NGH) and taught by Bob Reese, PhD.

The **Sports Hypnosis Certification** is taught annually in August at the NGH convention in Marlboro, MA. It is also taught in the spring at the Ontario Hypnosis Centre in Toronto, CA. In spring of 2010 it will be available online as a facilitated distance course. For information, go to the Reese Resolution Services website: [www.reeseresolution.com](http://www.reeseresolution.com) ; or e-mail Bob directly at [bob@reeseresolution.com](mailto:bob@reeseresolution.com) .

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**WINNER'S MENTALITY SYSTEM FOR ENDURING SUCCESS**

## **REPOSE**

### **REPOSE vs. RELAXATION**

The easiest ways to achieve the RELAXATION RESPONSE are through Language, Visualization and Breathing. One of my mentors, Tim Moore of the Tuscany Institute in Detroit, gave me this simple but easily pictured example to get the point across. Athletes *LOVE* “REPOSE”.

- ➔ Picture yourself as a big cat laying on the Serengeti.
  - ➔ You are the Cheetah
- ➔ Across the plain you spy an antelope - dinner!
- ➔ Right now he's too far away to chase
  - ➔ so you stay in the cover of the tall grass.
- ➔ Your mind is very alert
  - ➔ attuned, and focused on the antelope.
- ➔ Your body is completely relaxed
  - ➔ your muscles are supple
  - ➔ your breathing is regular and controlled
- ➔ **You are in REPOSE**
- ➔ When the antelope gets close enough,
  - ➔ you can spring immediately into action, and
  - ➔ **you will not have wasted any energy**
    - because you were tense or tight.

When you are in “REPOSE”, you'll be more EFFICIENT, CONSERVE ENERGY, and meet the CHALLENGE more effectively!

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## WINNER'S MENTALITY SYSTEM FOR ENDURING SUCCESS

### FEELAZATION Exercise

*This exercise may be done in or out of hypnosis & may be incorporated into any hypnosis script*

- Close your eyes & Feel what it feels like to be “Unlimited”
- Get a sense of what that feeling is to be able to do anything you want to do
- Don't worry about the details
- What does it feel like to know that you can experience
  - All the joy, all the fulfillment, all the excitement
  - That life has to offer?
- What does that feeling feel like to you?
  - Get a sense of what it feels like
- You don't have to put any pictures, or shapes, or outlines
- But, get a sense of what it feels like to know
  - That you're an eagle, that you are unlimited
- Get a sense of what it feels like to know
  - That you can do whatever you want to do
  - You ARE unlimited potential
- Get a sense of what that feeling is
  - To know you are that unlimited potential
  - Unlimited potential waiting to be expressed
- And, all you need do is acknowledge that you are unlimited
- If you have to make believe - make believe - *use your imagination*
- What does it feel like?
- Get a sense of that feeling of what it feels like to be unlimited
  - That there are no barriers in your way
  - No obstacles for you to experience
- The realization of those challenges those successes
- What does that feel like?
- When you know what it feels like – *being unlimited*
  - Then find that feeling in your body
  - Find that unlimited feeling ~ note where you feel it in your body
  - It may be your gut ...; your chest/heart ...; your throat ...; your head ...; or even your entire body.
- When you find that feeling in your body – then name it
  - Name it so that you can recall it at anytime
- Now, while you are still in touch with that feeling – Anchor it!
  - Anchor it physically by *squeezing your fist* (or another agreed upon anchor)
  - Fire your anchor and say the name of your Feelazation
- Now, know that whenever you want, you can recall this feeling
  - Just fire your anchor and name that feeling
- *OK - when you're ready just open your eyes.(or bring them out of trance)*