

“What makes **self-hypnosis** (mental imagery) so **intriguing is its power**. We are **astounded to see** ourselves perform a feat that seemed impossible in our ordinary state of consciousness. During this state, not only is our concentration increased, but you learn to put aside your critical attitudes. You will then have a **powerful trigger** with which to **transform** your **target**. Finally, always mentally rehearse the desired task in the most positive light.”

It's all about **narrowing your focus** to the right thing!

“When we quiet the MIND the Symphony Begins”

- anonymous

The **Quiet Eye** has been Joan Vickers' life work. She discovered it first in golf (where she has worked with the PGA) and continued her research in several other sports. Vickers describes the **Quiet Eye** as a critical moment that occurs in every sport - the moment where the eyes must receive and the brain must process the last piece of visual information before you perform the final critical movement such as putting, shooting a basket, serving.....