

# 5 WAYS TO CREATE AWESOME PERFORMANCES WITH HYPNOTHERAPY

HYPNOTHERAPY



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As seen in

**Classical**  
MUSIC

1



Use the power of your **breath** to create calm and focus in your body. Engage your imagination and believe you are breathing in the colour of calm and breathing out any nerves.

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Hypnotherapy is said to be the Art and Science of Suggestion. It is a collaborative process based on learning a hypnotic mindset – rather like feeling absorbed in a book or piece of music. It is NOT a form of mind control



Be aware of your thoughts... **you are not your thoughts**. Notice the exact words you are saying to yourself the next time you feel nervous. For example you may be saying you're afraid you'll mess up. Choose to think that everything is going well instead and notice yourself feeling better immediately.

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Hypnosis is not done TO you – it is a guided process where you allow your mind to be open to suggestions agreed by both hypnotist and client beforehand whilst in the "hypnotic mindset"

# 3



Add some self-hypnosis practices to your routine you can enhance your performances in a very short space of time. Use your breath to imagine breathing in relaxation, focus your imagination to future rehearse your next performance going as well as it possibly can. Do it often and notice how you can re-train your mind to work **FOR** you in performance

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The hypnosis session is a collaboration where the client and hypnotist decide on goals and agree the tasks together. It is in 4 sections, induction, deepener, suggestion, emergence

# 4



Visit your imaginary **control room** the control room of your mind, to turn down the levels on whatever is affecting your performance, such as anxiety, stress, fear and turn up energy, motivation, excitement for example - it's your room, you decide!!

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The use of hypnosis for performance is a solid evidence based practice. There have been many scientific studies which have shown performance to be greatly improved after a number of sessions of hypnotherapy and practise (Lehrer, Goldman, & Strommen, 1990)

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If you've got a dry mouth before a performance, imagine holding a big, ripe, juicy lemon. Then taking a knife and cutting a big chunk. Bring the big chunk to your mouth and take a bite...If you've really engaged your imagination the saliva will be flowing now!

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Everyone can be hypnotised, if they want to be! There is no mind control! There are numerous studies that show that hypnotisability improves with practice, just like singing!!!

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# Julie Bale

I'm a clinical hypnotherapist, professional singer, voice teacher and conductor. I have been working with singers for over 30 years and sing opera and oratorio all over the UK.

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*Thank you!*

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