

Olympic EDGE

As well as physical skill, the champs are also using mind power

Creative visualisation is a technique that gives many Olympian athletes a leading edge over their competition.

These days, it is common knowledge among elite athletes that mental and emotional training is equally as important as the physical when it comes to achieving their goals.

Creative visualisation is the practice of using one's imagination to visualise a preferred outcome to a specific event. It works because thoughts are energy and you can attract into your life

what you think about the most.

Golf superstar Tiger Woods swears by it and visualises every shot in his mind before he even hits the ball.

Using the power of the mind to manifest one's goals is no longer limited to New Agers, Buddhists and the spiritually aware. It is a vital training component for some of the greatest sportspeople in the world.

For more information, check out www.michellebuchanan.co.nz



Spiritual Counsellor
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Group study

One of the most popular creative visualisation studies in the world was recorded by Russian scientists and Olympic coaches where Olympians were divided into four groups with different training schedules:

- GROUP 1: 100% physical training only
- GROUP 2: 75% physical training with 25% mental training
- GROUP 3: 50% physical training with 50% mental training
- GROUP 4: 25% physical training with 75% mental training

You guessed it. The last group (75% mental training) performed the best. This is why creative visualisation is an important part of athletic training today.