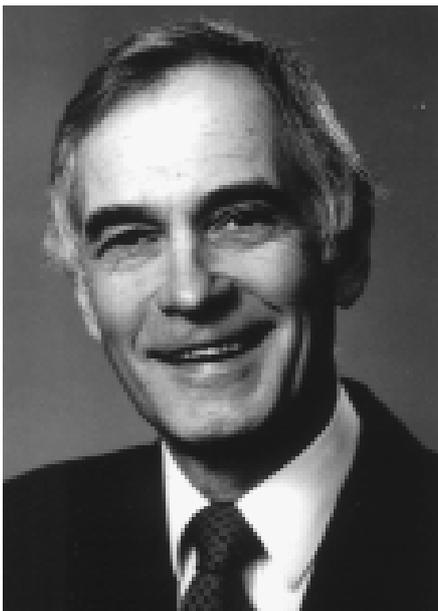


*Enhancing creative performance in athletes,  
artists and academics*



# Sportsmen can do better than they think ... when they think they can do better



**C. A. Douglas Ringrose**  
M.D., F.R.C.S.(C)

*specialises in obstetrics, gynaecology,  
cytology, hypno-behavioral medicine and  
sexology.*

*He is the author of over 100 research  
papers for the scientific literature and he is  
a member of the New York Academy of  
Sciences.*

**Dr C. A. Douglas Ringrose**  
M.D., F.R.C.S.(C)

**C**reative people, according to Edward De Bono<sup>1</sup>, are very competitive, critical and adventuresome. They have the ego strength to try innovative approaches, knowing that knowledge will be gained even though results are not invariably perfect.

As well, they are often diversified and have the capacity for focused energy. Storr believes that creative people also have impulsiveness and verbal fluency, efficiently tolerating tension and anxiety<sup>2</sup>. He notes they are not conservative, conformist or reactionary.

Some sports, like ice dancing and synchronised swimming, combine athletic prowess with artistic creativity.

In many team sports, unexpected events can demand creative responses to turn 'broken plays' into beneficial outcomes.

In other, non-sporting, fields productive academics and artists will often encounter similar adversity requiring innovative reaction to grasp unique opportunity.

But how can these moments of creativity be nurtured and maximised? In particular – what role can hypnosis play to help bring about this positive response?

I believe there are at least five useful ways to expedite the acquisition of this mental trait:



Photograph by Alan Edwards  
Provided by courtesy of the Amateur Swimming Association

**Dr Ringrose specialises in helping improve performance in synchronised swimming**

- 1 Diversified mental training using five Power Hypnosis components.**
- 2 ‘Clustering’ to formulate options, then choosing the best.**
- 3 Emulating the Rapid Eye Movements (REM) associated with dreaming.**
- 4 The Quad ‘P’ strategy (Positive Pseudomemories Preempting Problems)**
- 5 Miscellaneous other adjuncts; pleasing music, vibrant colours, nice aromas, delectable tastes and appropriate haptic events.**

Power Hypnosis combines five synergistic techniques, incorporating the best holistic strategies from Eastern and Western cultures, for more effectiveness than any single component by itself. Mental imaging (ordinary hypnotism) is supplemented by autogenic programming, behaviour modification, bio-feedback and personal acupressure.

The first two are right brain methods, the next two utilise the left brain and the last integrates both via the corpus callosum (which is larger in females).

Mental imaging has been possible in our species for two million years, during which time our brain increased four-fold in size to its present average of about 1350 ml. This out-distanced our closest primate relatives with which we share 99.9% of our genetic material.

Virgil captured its essence more than 2,000 years ago when he wrote: *Possunt quia posse videntur* – They can because they see themselves as being able.

In other words, pre-play events mentally in meticulous detail!

Autogenic programming entails precise, frequent talk to body systems to encourage good health and avoid or extinguish excess stress symptoms resulting when subjects overdose on their own adrenaline. These symptoms include panicky thoughts, cold sweaty skin, palpitations, hyperventilation, butterflies in the gut, and ‘noodle weakness’ in muscles. Adverse immune system effects, like increased cortisol levels, can also occur. These undesirable events are prevented and reversed by effective internal dialogue.

Réné Descartes, one of the original Autogenic programmers, observed 350 years ago: *Cogito, ergo sum* – I think, therefore, I am.

The most important organ to be programmed of course is our brain. And ego enhancement is basic to all success. The student of mental conditioning must realise he can’t rely on others for this important process.



**C how it's done!**

**Confidence... creativity ...  
 courage ... contentment ...  
 composure ... competence ...  
 co-ordination ... credibility  
 ... concentration ...  
 commitment  
 = Champion**

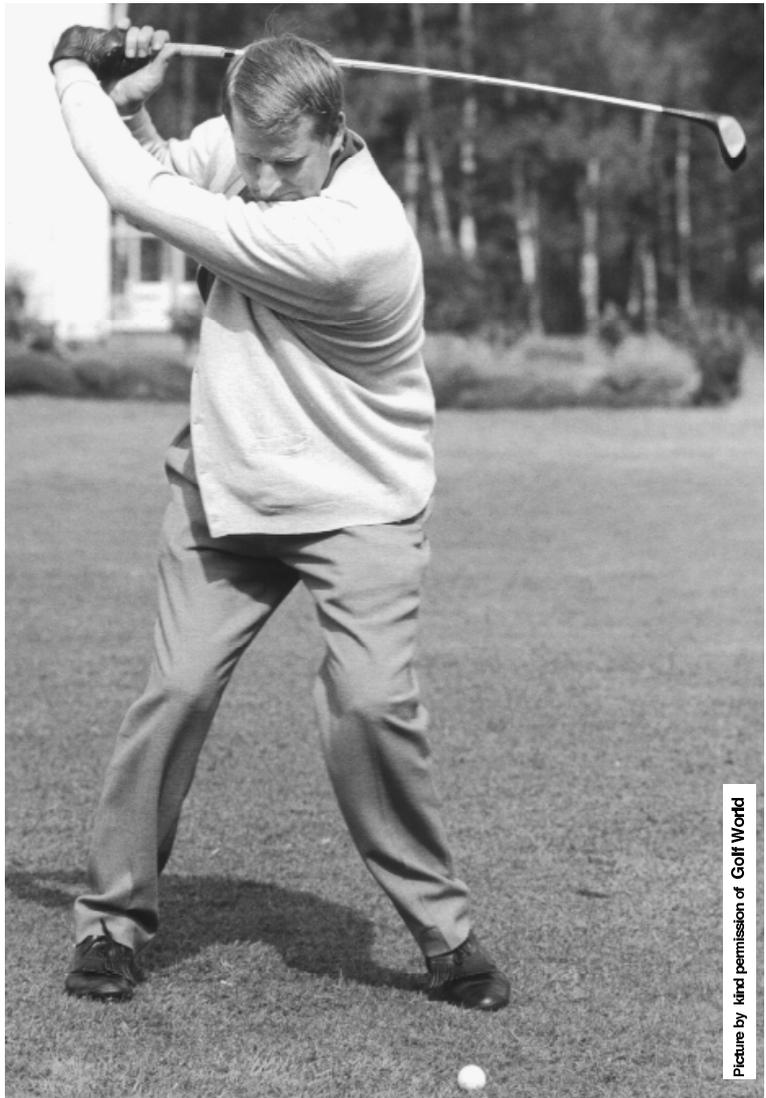
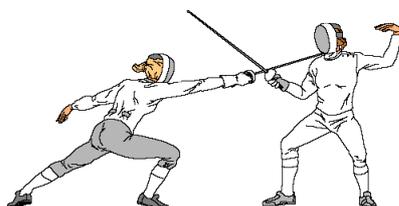
Confidence, creativity, courage, contentment, composure, competence, co-ordination, credibility, concentration and commitment. Those are the ten positive attributes (the 'C's of a champion) to embrace while eliminating inappropriate anger, anguish, apathy and anxiety, insecurity, depression, fear of failure, grief, guilt and unpleasant memories.

Thought stopping techniques, employing rubber bands around the wrists to snap, will symbolically remove negative emotions and self doubts from the right (artistic) brain or the left (practical) hemisphere.

This behaviour modification aid can be combined with aversion therapy for greater efficacy. Associate emotional doubt with unpleasant tastes or aromas.

To catalyse success biofeedback uses reliable body events: breathing in and out 30,000 times daily, the heart beating 100,000 times daily and the slightly different temperature between inhaled and expired air.

Personal acupuncture is the oldest form of healing, exploiting the intimate association between skin and brain. Both are derived from ectoderm. As the skin is caressed, endorphins are activated, producing a superb climate for healing and achievement. Oriental gurus have practised this skill for thousands of years. It was also advocated by Timothy II, two



Picture by kind permission of Golf World

thousand years ago when he wrote: *Release the power within by the laying on of your hands*. Shakespearean characters, Desdemona and Cassio also seemed to endorse the activation of endorphins in this holistic manner.

'Clustering' is a creative technique described by Rico<sup>3</sup>. The central theme to be utilised is circled. Around this focal point, all related ideas and researched concepts are listed and circled until a web of continuity becomes evident. The prepared, diversified mind then responds with a plan.

For decades behavioural scientists have tried to measure trance capability, with indifferent success, rather than expedite improved capacity in motivated subjects.

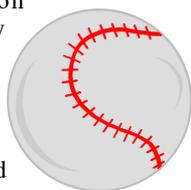
When motivation is high there may be occasional delayed success but no failure to maximise performance in the pursuit of realistic short and long term goals. Trance capability can be improved by emulating the rapid eye movements associated with dreaming.

*For decades behavioural scientists have tried to measure trance capability, with indifferent success, rather than to expedite improved capacity in motivated subjects*

The Ringrose Rapid Eye Movement (RREM)<sup>4</sup> drill entails visualising the key word CALM tattooed on the left upper eye lid. The key word RELAX is on the right upper eyelid with EXCEL lower left and CREATE lower right.

As the subject scans these words from left to right behind the closed, relaxed lids, the dreaming mechanism is simulated and improved imaging is the reward. This easy-to-learn technique ensures that every motivated person is an excellent subject.

The Quad 'P' intervention capitalises on the malleability of the memory. Nothing in the brain is 'cast in stone'. Our memory is like 'the shifting sands of the desert'<sup>5</sup>. The American author Richard Bach recognised this phenomenon when he wrote; *We are always free to choose a different future or a different past*<sup>6</sup>.

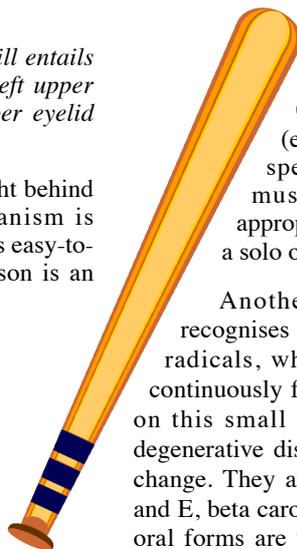


Any outcomes that are less than perfect can be revised in trance in accordance with a preferred version that the individual wishes to remember. This prompt feed back correction ensures that the insight achieved will expedite future excellence. Replay revisions rapidly!

The efficacy of these techniques can be demonstrated by assigning repetitive conditioning exercises, like sit ups or push ups, to the point of exhaustion, with and without mental evocation of positive emotions. The trials should be compared after a recovery period of at least one hour and the order should be reversed on consecutive days.

Performance was enhanced for 27 out of 30 subjects (90 per cent) by Power Hypnosis. The positive increment ranged from 16 per cent to 43 per cent. Similar improvement in 'personal bests' occurred in competitive activities, often with a positive 'ripple effect' in other areas of endeavour. Innovative self reliance and self esteem are nurtured by this holistic approach. Ego enhancement, basic to all therapy, fuels confidence, which reinforces motivation to seek new skills and new levels of success. This is the essence of creativity for the prepared mind.

The individual also learns to appreciate excellence in others, realising on any given occasion there can be persons with greater or lesser skills. And it certainly doesn't diminish one's importance as a unique 'child of the universe' when this occurs, since we can always learn from people with greater and lesser ability.

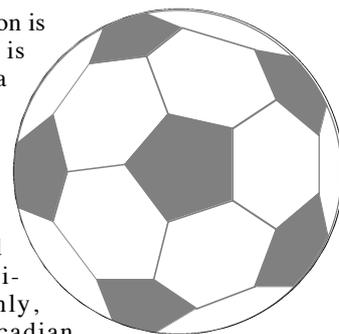


The Power Hypnosis techniques, catalysts for 'Clustering', 'RREM' and Quad 'P' which all enhance creativity (especially in an environment pleasing to the special senses: pleasing colours, inspiring music, nice aromas, delectable tastes and appropriate haptic sensations) are easily learned in a solo or seminar format.

Another dimension in the creative process recognises the molecular basis for human events. Free radicals, which are unstable oxygen molecules, are continuously forming during the 'wear and tear' of living on this small planet, causing aging, dysfunction and degenerative diseases, as well as contributing to cancerous change. They are deterred by anti-oxidants like vitamin C and E, beta carotene, bioflavonoids and selenium. Although oral forms are useful, parenteral megadoses of vitamin C permeate the blood-brain barrier rapidly to enhance cerebral function. This is particularly useful for older people since brain enzymes which have an antioxidant function (catalase, superoxide dismutase) decline in efficiency with aging. Supplements of vitamin C, an electron donor for the unstable pro-oxidant free radicals, are crucial, since we don't manufacture or store this compound.

The infusion increases the negative electrical charge in evoked brain potentials. Guttman, of the University of Vienna, has documented that this is precisely what happens when our brain is active in creative thought<sup>7</sup>. Since doses greater than two or three grams of vitamin C per day can cause gastrointestinal side effects, the intravenous route is preferable. An intravenous infusion of 25-50 g of vitamin C in 500 ml of five per cent dextrose in water administered over 90 minutes ensures freedom from free radicals for minutes, hours and days.

Better cerebral function is one benefit since this is analogous to tuning up a fine motor before a voyage of discovery. Since there are no detrimental side effects the infusion can be repeated daily, weekly, bi-weekly or monthly, simulating the circadian rhythm preferred by the consumer.



This is the next great frontier for the ethical enhancement of human health and performance. Utilising this approach in senior athletes not only will produce an additional 5 per cent performance enhancement on average but also diminish aches, pains and inflammation from arthritic and muscular sources. This was a most interesting observation since vitamin C has not been recognised previously as having



analgesic properties.

The process whereby intravenous vitamin C combines with free radicals is called Fortified Ascorbate Chelation Therapy (F.A.C.T.) Chelation is from the Greek word for pincer or claw. The vitamin C, an electron donor, chelates the free radicals to neutralise them and prevent their detrimental effects.

Alternative chelation methods to counteract heavy metal poisoning using EDTA (EDETATE DISODIUM) and others, can be quite toxic in contrast to F.A.C.T., which is user friendly to the immune and other systems.

**Correspondence to :**  
**The Ringrose Institute**  
**380, 8702, Meadowlark Road**  
**Edmonton, Alberta,**  
**Canada, T5R 5W4**



## SUMMARY AND CONCLUSIONS

1. The characteristics of creative people include competitiveness, criticalness, an adventuresome nature, (with the ability to tolerate and learn from less than perfect outcomes), diversification and the faculty for focused energy.

2. The five holistic techniques of Power Hypnosis: mental imaging, autogenic programming, biofeedback, behaviour modification and personal acupuncture can enhance health and creative performance.<sup>8</sup>

3. Other adjuncts including 'Clustering,' the Ringrose Rapid Eye Movement drill (RREM), Quad 'P' and pleasant sensory events ensure that every motivated person will be an excellent trance subject.

4. Fortified Ascorbate Chelation Therapy (F.A.C.T.) safely enhances healing, creativity and performance by abolishing free radicals that are responsible for dysfunctions, disease and aging. The molecular basis for excellence deserves increasing emphasis.

### References:

- <sup>1</sup> De Bono, E. (1992) *Serious Creativity*, ISBN 0-88730-566-0. pp 257-270
- <sup>2</sup> Storr, A. *The Dynamics of Creativity*, ISBN 0-345-37673-0. p 264
- <sup>3</sup> Rico, G. (1983) *Writing The Natural Way*, J.P. Tarcher Inc.
- <sup>4</sup> Ringrose, C AD. *Enhancing Creativity and Performance*, Address to 6th European Congress, Hypnosis & Psychosomatic Med. Univ. of Vienna, August 1993
- <sup>5</sup> Loftus, E. *Memory*, Univ. of Wash. Press, 1978.
- <sup>6</sup> Richard Bach, (1979) *Illusions*, Avon Press,
- <sup>7</sup> Guttman, *Evoked Electrical Brain Potentials*, Address to the 6th European Congress of Hypnosis and Psychosomatic Medicine, Univ. of Vienna, August 1993
- <sup>8</sup> Ringrose, C AD. *Coping The Natural Way*, Co-op Press. ISBN 0-9692392-0-3.