

# Power of the voice and Energy



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BY MARK.T-NLP COACHING AND LEADING

Voice, which contains words, tone, and meaning, has the power to re-establish the inner spirit the way you want to create the outcome.

I was coaching a world-ranking athlete, and he was taking a few mind performance coaching sessions with me, and he built up his mind to the point that he started seeing the technical skills that he needed to improve. This is slightly beyond the mind's confidence. This is where you build up your intuition, leading you to be aware of your own skills and abilities to see beyond. This means that your heart has the energy to understand your future expectations and tell you now, "where to focus and how to improve". This happens when you have a stronger connection with yourself (**Heart and Mind**).

He meditates daily in the morning and also at night. He practices alpha-mind focused exercises and uses multiple tasks to keep that energy and connection right throughout the day. One time he said that he found a new strategy to focus on **3 specific points**, and this is not something I have taught him, but he said he found that and its helping him to improve consistency and patience. So when you are connected with your heart and mind, you find new solutions. Actually, they are part of your energy.

In this newsletter you can expect:

*Power of the tone and the words*

*Words and tone have meaning's*

*What Is the Alpha State*

*Negative focusing will kill the energy*

*Incantations and create energy*

*Energy will change the behavior*



## What is Energy

Energy is based on what you see outside of you; everything we see outside of us is based on our internal perception, and we decide to do that based on what the energy supports. So I said to him that you need to apply all this to tools and techniques' to increase your energy levels and avoid such negative situations.

We don't increase confidence, but we increase the energy in us, and that's a conscious effort when you want to reach a certain outcome. This works in many ways.

As coaches, sometimes they have no idea about this at all, so they use their own language patterns without knowing how they are going to murder their passion and that's part of the energy.

I have met many players who came to me when they were ready to give up or were in deep depression due to their coaches' involvement. Coaches need to understand the power of energy is what matters and when they deal with players they are dealing with the energy and not the people.



## Power of the tone and the words

Power of the voice is only a part of the senses that can influence when creating energy. I believe the visual has the biggest capacity to absorb information, but if someone is stronger in the other senses and that has worked well, sometimes it can work better. Having said that, the visual can make a bigger impact when creating the possible energy levels as triggers to create a better outcome.

Voice and tone have an amazing complementing effect. Let me give you an example.



## Focus on negative will lose the energy

One guy showed up with a doubtful mindset and self-talk, terrified of ever scoring his first run. Something like, "Can I score? Is it possible for me to score? Additionally, as he concentrates more on doubt, he was thinking back to the previous game in which he managed just a few runs. Therefore, his doubtful words were being complimented by his internal dialogue, and his mind was leaning toward doubt.

The more you focus on doubt, the mind will only let you see as far as you are believing, and this will directly affect your skill level as a result. Your energy flows in the same directions as your focus, so there's a direct correlation.

# What is motivation to do with words, tone, and energy?



## Breathing increases your focus.

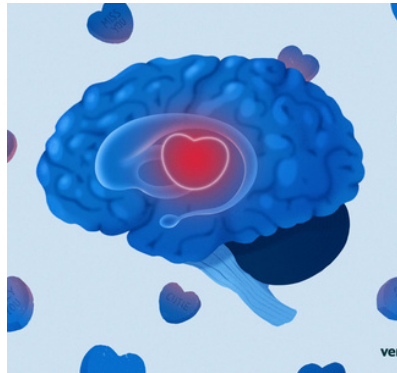
Later on, he became very confident by doing few drills and increased his focus, and he went on to score 54, 66, 68, 89 in the next few games he played.

His winning formula was he started breathing at every run or ball, he would breathe and speak three specific words over himself, and then he would run to the other side and anchor three times using the same words and also bringing tone with a tap on the creese. He therefore had the necessary energy to activate his beliefs and have that end focus because of the tone and words he created.

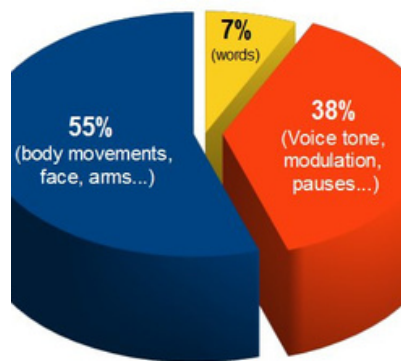


## Words and tone have meaning's

We give meaning to every word, and they are connected to a certain situation. They are formed with symbols and numbers, which create energy that can be unique to each person. So, the words are created based on the meanings you give them. So people create words, and these words can be different while the meaning can be the same most of the time or have a similar outcome.



Ex. Love can be interpreted in 267 words, but the meaning can be the same. And the tone is a byproduct of the words, and that's how they give meaning. So the words and the tone can do so much to create strong energy within us.



According to the 7-38-55 Rule, just 7% of your message is communicated through words. Your tone of voice contributes 38%, but your body language communicates 55% of your message. So if you really see this, you find the tone has a bigger part to play. I was doing a coaching session, and I asked the captain to motivate the vice-captain, and he went up to him and used a few words. He tapped him and said a few words, and I asked the V-captain how well he motivated and he said only 10%.



## Power of motivation

When the captain learned how the Vice captain expected him to get motivated, he found the tone had a bigger role in this, the moment he came up to him and used the right words, commanding with a loud, firm tone, his motivation went up to 90%.

That changed the entire teams perception in fact they changed the walking style as well which is also part of the energy

There was badminton player who used to get angry very quickly, and he knew how he could reframe his anger into possibility. He reframed the energy of that anger into a positive tone while reframing the outcome.

Every time he gets angry, he goes to a corner, and imagining that he is talking to his younger or elder brother with positive words and tone. And he found that his anger was declining and found more strength instead. Changing the negative energy in to positive



I had an amazing tennis player, and he uses an unknown word that is not in the dictionary at all. But he knows the meaning, and with that word, he needs to create a tone, and that tone is coming from his deep gut. It's like a punching shot. It comes so fast and disappears. But the player gets into a very dangerous, fully confident state.

So, each person creates the way they want to experience the energy.

So at the end, the tone has the capacity to create a great anchor for the outcome that you want to create or the way you want to be felt. and you need to be more open to exploring.

The biggest fear that I have noticed when creating this is that they are concerned about the outside world and how they will react to it.

So again, you allow fear to creep in and destroy that energy. And when you find that tonal power, it can become a vital strength when reaching your overall outcome, and I think you need to give it a try to see how well this will impact your focus and coherence.

## What Is the Alpha State and how Voice tone can create energy

According to the Silva Method, "Alpha state" refers to a particular brainwave state, one of several scientifically recognized states in which a person's brainwaves can be measured within a certain range of frequencies.

According to Silva, scientists recognize four brainwave states: Beta, Alpha, Theta, and Delta. Beta is the most alert state—the state in which you spend most of your waking hours. In Beta, your brainwaves are vibrating at a high frequency as you engage with the world around you. The Alpha state is one step below Beta.

In Alpha, your brainwave frequency is lower; you're less focused on the outside world and beginning to focus internally (such as when you're first beginning to fall asleep). In the Theta state, you're even more relaxed and internally focused, and by the time you reach the Delta state, you're typically fully asleep.

Visualizing in the Alpha State will help to access the power of aligning your neural network towards the expected outcome and the connection that you made at this level is like a hard coded compute coding system.

You need to practice visualizing that entire outcome is completed successfully. How you do this is by simply visualizing as you are waking up and you visualize the end situations and increase the size and the depth of the picture as its already done and create self-made affirmation that its possible.

And again the words and the tone makes a huge closing. So let me share three stages to explore this

**First**, you must want the result to happen.

**Second**, you must believe that the result is possible—Silva warns that you cannot manifest something you genuinely believe to be impossible.

**Third**, you must genuinely believe that the result will happen (this differs from merely wanting it to happen). Now you need to have a great connection belief and trust to know that this works.

Now you need to have a great connection belief and trust to know that this works. So when you begin, start with small tasks and explore towards the end of the day how they have made an impact in your life.

So I hope and trust that this paper would have given you a very powerful insight into why you need to focus on the words and tone that you use, and it has a huge impact on your outcome. So be mindful of what you say internally as well as externally and use the way you want to direct your energy to flow.

**Thank you and wishing you success**

Mark Thrimawithana

NLP Trainer (ABNLP), NLP Master Practitioner, Sports Mind Performance Coach, Certified HealthMath, Counselor

Email: [mark@nlpcoachingandleading.com](mailto:mark@nlpcoachingandleading.com) Phone +94773088643

Web: <http://nlpcoachingandleading.com/>