



If you **ONLY** train your body then no matter how hard you train, you will never be able to reach your true optimal performance in any of your sporting pursuits.

This is the main problem for most professional and amateur athletes. Often, physical factors are blamed for underperforming, but the truth is that often it is the mind that is responsible.

The truth is that the mind plays an important role (maybe the biggest role) in your physical as well emotional performance.

This specially designed system works to improve your outlook and performance so that you can outperform yourself and the competition.

You can reach higher levels than you ever thought possible.

The “Field/Stadium” that exists between your ears is where you must truly compete, and this system will give you a very “unfair” advantage.

With the right level of mind power, you can achieve anything in sports or in any other endeavor.

A very effective, natural and scientifically proven method for boosting the mind is properly engineered brainwave entrainment. It has been used in different forms such as meditation since ancient times.

Now that its nature and effectiveness are well understood, it can be applied easily and safely to allow you to achieve success in any sphere of your life.

**Dream Setter (Sports Mind Trainer)...**

**“State of the Art Technology for Mastering Sports”**

**IMPORTANT: Please read this manual carefully and in its entirety before your first use...**

These recordings are not “music” in the traditional sense. They are a series of finely honed and sculpted frequencies that have been arranged in such a way as to have a profound and beneficial effect when used regularly and as instructed with stereo headphones.

These recordings are best listened to at the highest COMFORTABLE volume, with your eyes closed and in a sitting (with head support) or reclined position.

It may take multiple sessions for your brain to “learn” how to react to this form of stimulation.

Following the usage protocols/patterns for each recording is paramount to your chances for success.

As with physical exercise, it is important to “exercise” your brain every day. The more you use these recordings, the more positive changes you will be likely to manifest.

If you were to exercise occasionally, you would not see much of a difference in your conditioning or health (if any). Do it regularly, however, and you won’t be able to deny the changes you can see. It is the same with your brain. Do it regularly and be amazed!

Due to the inconstancies in computer sound cards and speakers, it is suggested that you either “burn” a separate CD of each recording or upload them to separate playlists on an mp3 device or smartphone/tablet in order to ensure that you do not miss out on any of the experience. Never record/place more than 1 track per CD/play list.

**What is BWE (Brainwave Entrainment)?**

When the brain is stimulated with pulsed sounds (neuro-electrical activity via the nerves originating from the ears), the overall activity of the brain will respond to and align with these pulses (also called the FFR or “frequency following response”). By selecting the desired rate, the brain, via the FFR, can be naturally induced towards the selected brainwave state and its inherent benefits.

It is also because of the FFR or “entrainment” that these pulsed sounds often produce benefits similarly found with deep meditation.

It is entirely possible that each use will provide a unique experience. Even if you feel nothing happened, pay close attention to yourself and see if you or your friends, family or coaches notice anything different. The changes in performance are often subtle, to begin with.

One of the great things about BWE is that it can be used on its own, or with many other modalities as an adjunct to intensify the effects of pretty much whatever you choose to use with it.

**What sensations might you expect when using our BWE based recordings?**

Some of the effects you may experience with our BWE recordings may be influenced by things like how “busy” your mind is, “whether you’re preoccupied”, how willing you are to “let go”, to name but a few.

You may find that you experience “lost time”. It’s common to find that a 30-minute recording is over and it only felt like 10 minutes, or sometimes 1 hour.

When tension moves out of your muscles and other parts of your body, you can expect a number of possible sensations, some of which you may have never experienced before. These may include tingling, a floating sensation, momentary numbness, muscle twitches, feelings of flowing warmth, and heaviness among others. They are natural and often indicators that the recordings are having their desired results (although not necessary).

You may find that your mind wanders/races. Some people may feel themselves falling asleep during a session. And many more... Please let us know your experiences!

### General Listening Instructions...

You should listen to these recordings at the highest possible volume while still being “COMFORTABLE”. You don’t want to strain yourself; the idea is that the louder the sounds, the deeper the BWE may be (due to the increased stimulation to the brain).

COMFORT is very important. If you listen to the recordings at too high a volume, you are working against the purpose of these recordings.

Following the suggested listening protocols/patterns will ensure you get the most from the system.

Results will vary between users. Results also depend on your frame of mind when listening, the time of day (it’s always better to have a scheduled time every day to listen to these recordings as it will help your mind and brain to incorporate the benefits and at the same time it will make it easier for you to make listening to a “habit”). This can be important as those who listen regularly tend to be the ones who experience the most benefit.

- When lying down loosen any tight clothing. Remove your shoes, glasses, contact lenses etc. to avoid possible physical distractions
- Listen to the recordings where you are less likely to be interrupted by things like others or the telephone.

Under no circumstances should you drive a car or operate potentially dangerous or complicated machinery while listening to these recordings.

### Specific Recording Instructions...

#### The Motivator

To be used 2-3 times per week (may be used more often if you like), but at least once a day for the preceding week (5-7 days) before the event and/or during training and may listen to the day of the event/game if time permits.

Designed to be listened to while in a sitting (with head and neck support, ie. with a headrest) position.

While listening to the first part (slower beats), you should be imagining feeling your best – imagine or visualize anything that puts a smile on your face and makes you feel good.

While listening to the second part (faster beats), you should imagine/visualize yourself performing perfectly in every facet of the event/game. Do your best to imagine the smells, sounds and any other physical stimuli, such as the breeze on your face/body, etc. as you compete perfectly and efficiently.

This recording requires stereo headphones for best effects, however, it may be listened to over external speakers if need be.

You may lie down, but be careful not to fall asleep (this is why it's best to sit with head and neck support).

The purpose of this recording is to allow you to achieve great states of peak performance by utilizing a well-known and very effective training technique that is augmented with the use of cutting-edge brainwave entrainment technology in order to allow you to achieve new heights of performance that very few currently attain.

### **The Optimizer**

To be used 2-3 times per week (may be used more often if you like), but at least once a day for the preceding week (5-7 days) before the event/game.

Special Note: This recording should be used the day you perform – Preferably just before you leave for or arrive at the event/game.

While listening to this recording you may think anything you like or think nothing at all. It is not important to actively listen/pay attention.

This recording requires stereo headphones.

This recording is designed to help with the inevitable loss of “action” that tends to follow any self-help program. It is a “dual” brainwave recording (A different and distinct brainwave pattern targeting each hemisphere of the brain separately).

It is specifically designed to pump up your energy levels, while at the same time quietening the internal “voices” that may make you hesitate by making you think too much, or cause you to fear.

### **SMT Multiliminal with BWE (Brainwave Entrainment)**

To be used at least 2-3 times per week (may be used more often if you like).

Designed to be listened to while in a reclined position with your eyes closed.

While listening to this recording you may think anything you like or think nothing at all. It is not important to actively listen/pay attention to what is being said. Alternatively, you may listen to any of what is being said if you like, or not.

This recording requires stereo headphones.

Do not worry if you fall asleep, this recording is designed to be effective regardless of your state of consciousness or attention.

The purpose of this recording is to act as a training system designed to help you to reprogram your mind in a new and unique way in order to give you the proper mental outlook needed to not only improve your performance but also your attitude while at the same time increasing the enjoyment level you may experience while training/competing.

#### Surge – 4 minute

To be used during the event/game (if allowed) if you notice a disruption in your relaxed attention in order to “re-boot” your mind back to its “peak” state, a sort of “Booster Shot” if you will.

This recording requires stereo headphones for best effects, and so as to not disturb others.

This recording is best used if you can listen to it just before you start.

This particular recording is designed to be used just before (during the warmup) in order to help you to fully integrate your entrainment and physical training to fully utilize both at the right moment and allow you to “peak perform” at the right time. It has been encoded to re-activate your previous elevated state within a minimal timeline (4 minutes in this case) in order to keep your peak state longer and allow you its many benefits. If your warm-up is longer than 4 minutes this recording may be repeated as desired (remember that it is most effective if listened to within minutes of the beginning).

Or if there is time...

#### Surge – 7 minute

To be used during the race/marathon (if allowed) if you notice a disruption in your relaxed attention in order to “re-boot” your mind back to its “peak” state, a sort of “Booster Shot” if you will.

This recording requires stereo headphones for best effects, and so as to not disturb others.

This recording is best used if you can listen to it just before you start.

This particular recording is designed to be used just before (during the warmup) in order to help you to fully integrate your entrainment and physical training to fully utilize both at the right moment and allow you to “peak perform” at the right time. It has been encoded so as to re-activate your previous elevated state within a minimal timeline (7 minutes in this case) in order to keep your peak state longer and allow you its many benefits. If your warm-up is longer than 7 minutes this recording may be repeated as desired (remember that it is most effective if listened to within minutes of the beginning).

## **Tips to Augment Your Training and Results...**

### **Self-Awareness**

- In order to use your mental and physical strength and skills to enhance your overall sports performance, you must first become self-aware.
- Observe yourself always (even when you are not training) to improve your self-awareness.
- Observe all aspects of yourself. Your physical performance of course, but also your mental states, feelings, emotions and anything else you can think of (both on and off the track). When you have a fuller understanding of your “true self” then you will be much better able to work on what you need to make the jump to a state of “peak performance” that will catapult you far and above your competition.

You need to gain an understanding of yourself and how you tend to think, act, react and feel to improve yourself and your performance, so make every effort to become more self-aware in all respects but especially from physical, mental, and emotional standpoints.

### **Set Goals**

- To experience peak performance, you need to be very clear about what why you want to “peak perform”.
- Figure out exactly what you want to accomplish and over what time frame, then methodically go for it.
- The real secret to developing true peak performance is to constantly compare yourself and your performance, not with your competition, but with yourself. This is a common mistake made by athletes everywhere.
- Set daily goals and use them as stepping stones that will lead you to your long-term goal(s).

### **Think Positively**

Research has shown that most people have 60,000+ thoughts a day and out of these 42,000+ – 48,000+ of these are negative. This means you need to be very careful about what you think about. Research also says that every negative thing you say starts an avalanche of related negative thoughts. This means that if you do not watch what you say (and think) then you will trend towards negativity and you can imagine what that will do to your ability to perform.

**The moral of this story is... Watch what you say to others and what you say to yourself.**

**The positive “talker”, will always be a positive “thinker” and the positive thinker will always win the day.**

**Live in “The Now**

**Always train and act in the “now”.**

**It’s easy to get caught up in what you may perceive of as problems from your past or to worry about the possibility of future mistakes, but by staying in the “now” you are in a unique position to learn from these experiences and thus benefit from them so that instead of them holding you back and hurting your performance you now can learn from them and use that knowledge to enhance your performance.**

**There is a cutting-edge science that you are now using to ‘adjust’ your past and release the negative emotions associated with it and it’s called “Dream Setter (Sport Mind Trainer)” ... So you now have everything you need to succeed.**

**Practice Like it’s the Real Thing**

**If you want to compete with focus, intensity and an advantage, then you must train with these things as well.**

**Mistakes will be made, your human and that is OK, but the difference between you and the others will be that you will now have the understanding to use your training and practice to watch and learn from these mistakes in your training sessions so that you will be prepared mentally and physically deal with them, giving you yet another advantage over your competition. Knowledge is power and when it comes to peak performance it is what will likely take you over the top.**

**Watch and Learn**

**Always be aware of yourself (point 1 above) and be sure to fairly evaluate and learn from your athletic and other experiences (be nice to yourself, remember to do this as a “best friend”).**

- **Identify what you are doing well and work to do it better.**
- **Identify what you are not doing up to your expectations and work on that too.**

**Remember that if you can identify areas that need work then you have also identified that your performance can get better as well!!!**

**That is amazing news and something to be grateful for. You see because none of us will ever be perfect, it means that we can always be better, and if we can always be better then our level of “peak performance” can always be better as well!**

**Enjoy Yourself (have fun)**

**Whatever you do and whenever you do it (and this includes competition) ...**

**HAVE FUN, ENJOY!**

**Cautions If you are...**

- **prone to epileptic-type events**
- **pregnant**
- **wearing a pacemaker**
- **prone to seizures**
- **under the influence of medication or drugs**

**...then you agree not to listen to these recordings without first consulting a physician.**

**We do not recommend using these recordings while under the influence of alcohol or other mood-altering substances**

**Sometimes this form of stimulation can bring repressed or otherwise “undealt with” memories into consciousness, as a result, it is always a good idea to have someone readily available to “talk to” if the need should arise**

**Under no circumstances should you drive a car or operate potentially dangerous or complicated machinery while listening to these recordings.**

**User Agreement:**

**By listening to these specially designed recordings the user agrees that...**

**The user assumes all risks in using these recordings and waves the right to any claims against the creator, distributor or its affiliates for any and all mental or physical injuries. The user also agrees to assume all liabilities when allowing other persons use of these recordings.**

**In no case will the creator or distributor and its affiliates be liable for chance, accidental, special, direct or indirect damages resulting from use, misuse or defect of its recordings, instructions or documentation.**

**These statements and products have not been evaluated by the FDA.**

**Please note that these recordings are not intended to treat or cure any disease, nor should any of the subject matter on the site be taken as medical advice.**

**Those who are epileptic should not use these recordings. However rare, there is a risk of seizure associated with individuals who are predisposed to epileptic seizures. Such individuals should not use this series of audio recordings except of course, under the direction and supervision of a licensed medical physician.**

**Under No circumstances should you drive a car or operate potentially dangerous or complicated machinery while listening to these recordings.**





# DREAM SETTER



THE MODERN DIGITAL LIFESTYLE  
Digital Download  
by Morry Zelcovitch, the world's only  
certified brainwave entrainment engineer.

