

**JENNY CLIFT
EFT FOR MUSICIANS &
STAGE PERFORMERS**

Shine on Stage

**10 Energy Tips and Techniques to
Banish Performance Anxiety and
Enjoy Ease and Flow and
*Success on Stage***



Are nerves really necessary?

"Can you imagine going up on stage relaxed and energized, ready to connect with your audience through love rather than fear?"

Do you get nervous when you have to go up on stage?

Does even the thought of it have you trembling at the knees, your stomach full of butterflies?

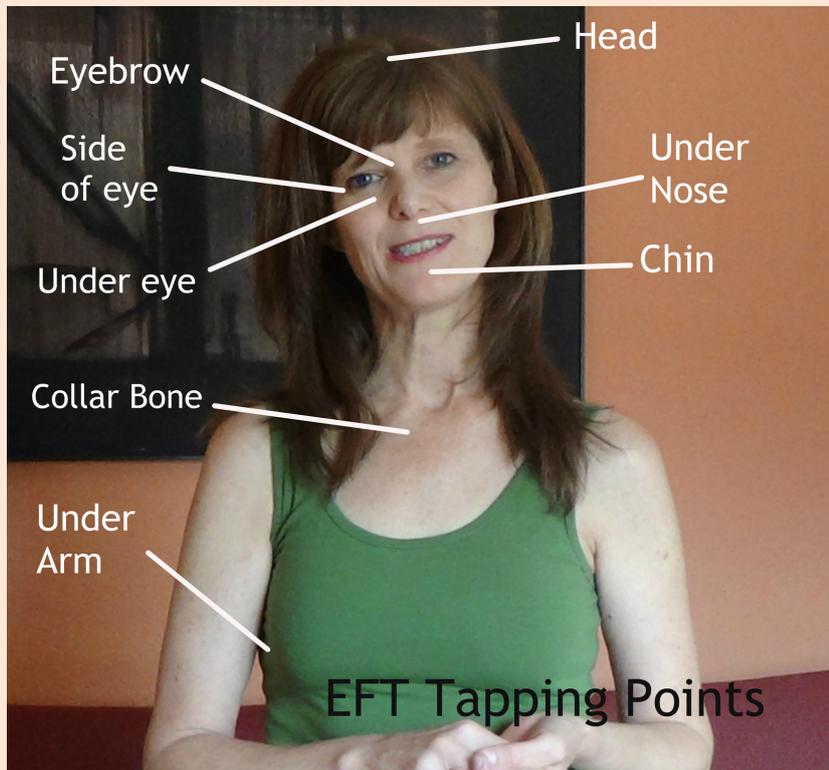
With thoughts like, 'I'll mess up' or 'They're gonna hate me' ?

Not a great feeling, is it?

Don't get suckered into the 'nerves are necessary' myth fed us by so many well-meaning teachers.

Here are 10 things you can do right before going on stage so you can connect with your audience with love instead of fear:

#1 Tap Away Stress



EFT Tapping is my No. 1 secret weapon to combat performance stress and anxiety.

You can bring down the 'fight or flight' response by **tapping** on the **acupressure points** (shown in the photo) as you say:

'All this fear, I'm so nervous, I'm trembling, my heart is pounding, my palms are sweaty.'

Whatever is coming up for you.

Don't shy away from the **physical symptoms and emotions**.

The more you allow and acknowledge them, the sooner they will pass through and **lose their power**.

Check out my video: [Banish Performance Anxiety with EFT](#)

#2 Move 'n' Shake

Bounce on the balls of your feet.

Shake out your hands and your fingers, shake out your legs and feet.

Allow the energy to move and imagine you are ridding yourself of any negative energy.

Just 1 or 2 minutes, maybe with a smile on your face, will **lift your mood** and prepare you for action.

#3 Get Grounded

Send your energy **down to your core** (put your hands on your belly and breathe deeply) rather than being up 'in your head'.

Flex your knees a little and allow some sense of movement - you'll come across as **more present and alive**.

#4 Warm Up

Tip your head back and close your eyes and remember that feeling of how the **sun** feels on your face after a long, cold winter.

Keep that little smile on your face and the softness in your eyes.



#5 Connect

Imagine your ideal audience member - someone you know will be interested and thrilled at what you have to offer. In your mind's eye, see them in their seat, already convinced and excited. You **don't have to prove yourself** to them, **just engage** and connect with joy.

#6 Ward Off Danger

If you find fear thoughts taking over, **put one hand up to the side, palm out**, and say firmly:

'Thank you for sharing. I know you are trying to keep me safe but we can talk about this later. Right now I am fine and I've got things to do.'

Those fears are allowed to be there but **can't affect you** right now. They can take a seat and watch the performance (or go away if they want!!)

#7 Lightbulb Moment

If the fear persists, imagine yourself in **a big ball of light**.

You are the centre of the light and it is shining out of you, about 10 feet all round you. **Feel the edge** of the ball, like the glass in a light bulb. Although your light (your energy) shines out of you, **you are protected** and can't be harmed; **you are safe** within the globe.



#8 Channel

Remind yourself that **you are a channel** – for Universal inspiration, knowledge, creativity, originality, joy, fun, and **your own unique way of doing things**.

Really feel into the truth of this. Relax and allow it to flow through you.

#9 TLC Breathing

Be very, very **kind** to yourself, as you are being brave and stepping right out of your comfort zone.

Try the '**Performer's Hug**'.

Breathe in as you open your arms wide to the sides, chin up, opening your heart, breathe out and cross your arms over in a self-hug.

Repeat 3 times.

#10 Have Fun

As you step out onto the stage whisper to yourself,

'Let's have fun.'

It's contagious!

You will benefit, and so will your audience.



More about stage fright, energy & me

Are you someone who longs to be in the limelight, sharing your gifts and talents and loving every moment of your on-stage experience?

*But you find that **fear, self-doubt and anxiety** get in the way.*

To the extent that you've even thought, 'Is this even worth it? Maybe I'm just not cut out for this?'



Hi, my name is Jenny Clift and I am a professional violinist, author of 'The Music Inside', and a coach for other musicians - instrumentalists, singers - and stage artists.

As a violinist I've certainly had my share of nerves and performance anxiety.

I started the violin late - at 13 years old - and I believe that contributed to my self-consciousness, self-judgment (often very harsh) and comparison with others.

That constant feeling of 'I should be better than I am' or simply, 'I'm not good enough.' Maybe you can relate!

Teachers didn't help much. If the conversation came up - usually right before an exam or performance - they would tell me: 'Nerves are necessary' or 'Just breathe.' One even told me to 'be a semibreve' which I'm still working out!

None of it helped much. So I embarked on **a quest for answers.**

And I learnt a lot, both theoretical and practical.

The role of the brain in stage fright

First of all, it is helpful to understand what is happening in the brain right before, and when, you step on stage.

The amygdala, an almond-shaped cluster of nuclei deep inside the skull, is one of the oldest parts of the brain. It governs how we react emotionally to events, people and situations around us - triggering the famous '**fight or flight (or freeze)**' mechanism.

This neural response was very useful 5 million years ago when a tiger was about to attack and eat you.

Not so much when we are waiting in the wings, about to take the stage, hoping to win over our audience and give a great performance - and all we can do is tremble and sweat, and long to run away.

Energy with a capital E

The second concept I learnt about was **Energy**.

If you've been up on stage, or part of an audience, you've already felt energy. Excitement, receptivity, love, tension, boredom or even downright hostility - all of these can come across the airwaves without a single sound or movement.

And **the exciting thing** is that changing our own energy affects the energy of those around us. **You can directly influence your success on stage** by doing some simple exercises - both physical and mental - yourself.

Energy work isn't new. From techniques which go back thousands of years to Asia, like Qigong, Tai Chi, Reiki and Acupuncture, to more recent innovations like EFT (Emotional Freedom Techniques) or 'Tapping', and Energy Medicine.

You can **take advantage of these** (as many sports people and artists already do) to **create a competitive edge and an amazing experience on stage** - both for yourself and for your audience.

The **10 tips** on the previous pages are things that I have learnt, discovered, seen, and most of all used, over and over.

Pick and choose. Try them out. See what works for you.

Experience them and apply them in the days running up to the gig, and then right before you go up on stage.

From one who is also on this incredible journey, may your heart sing and your feet dance as you take the stage and shine.

Jenny

**JENNY CLIFT COACHING
EFT FOR MUSICIANS & STAGE PERFORMERS**

***Individual and Group Coaching
Workshops & Guest Speaker
Author of 'The Music Inside'***

CONTACT JENNY:

Email: jenny@jennyclift.com

Get your [#free30minute 1:1 EFT Intro](#)

MORE INFO, RESOURCES :

Website: <https://abetterlifetapping.com/>

Facebook: <https://www.facebook.com/abetterlifetapping/>

YouTube:

<http://www.youtube.com/c/JennyCliftCoachingEFTtappingintoabetterlife>