

Your *Singspired* Lesson

Lesson 4 THE NAKED SINGER

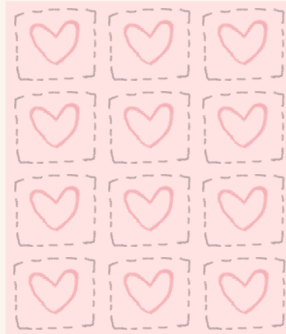
EXERCISE

SUMMARY

TICK
EACH
TIME
YOU SING
OR LEARN

WHY DO SINGER'S
FEEL NAKED
0:00 in

Adult's are supposed to be 'civilised' and 'grown up' and children are supposed to be 'playful'. How do we hold on to our ability to 'play' in public. Why are we fearful / shy / neurotic and what can we do about it?



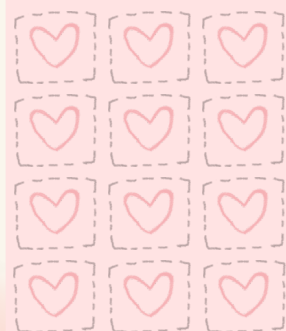
FACING THE
FEARS
2:55in

Stage fright is an irrational fear. Nothing terrible will happen if we crack a note or forget our lyrics. We can train ourselves to trust that if we expose ourselves to our scary place - take to the stage as often as possible!



REDUCE ANXIETY
WITH BREATHING
EXERCISE
6:37 in

Some breathing exercises will remind you of your voice's power mechanism AND relax your body at the same time!



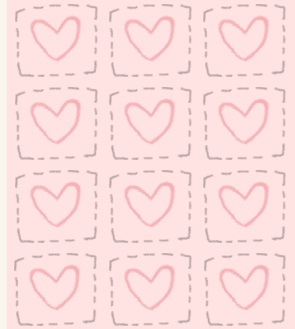
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TICK
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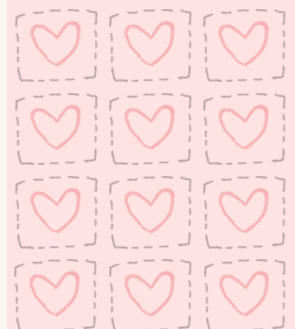
SERVE THE
SONG
12:15 in

Changing the very purpose behind singing can help you face stage-fright. If your job is to serve the song it takes YOU out of the spotlight and puts THE SONG centre-stage!



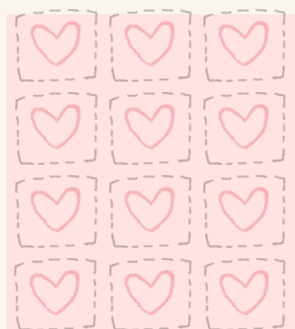
SEE THE
MONSTERS
FOR WHAT
THEY ARE
15:49 in

The little voices in your head often have a root in a negative incident, a cruel remark, some unsolicited criticism. Put a face to the monster and tell them they won't hurt you again - it's your human right to sing!



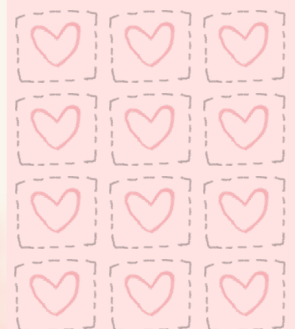
FEEL THE
FEAR & DO IT
ANYWAY
17:47 in

Fear can help us sing better! The adrenalin gives us superstrength in our muscles and brains! Yes... it can feel very strange but it's not all bad news to be nervous!



FIND YOUR
WAYS TO
REDUCE
ANXIETY
18:20 in

There are ways to reduce your fears. Find your own anxiety triggers and look for ways to reduce them. Eg. Trigger: "I hate rushing" solution: get there really early and relax for an hour before others arrive.



EXERCISE

SUMMARY

TICK
EACH
TIME

BE A GOD OR GODDESS 24:01

The word 'Diva' means goddess. It doesn't mean being difficult or entitled. It means that as an artist you are more than just human. A song can transport people out of every day life onto another type of consciousness. To truly serve the song you should acknowledge that. You are super human. You have magical powers as a singer. Your appearance, deportment, posture, graciousness and gratitude should stem from your love of the music you're offering. It's not about 'you' it's your privilege and pleasure to serve your audience and serve the song.

