

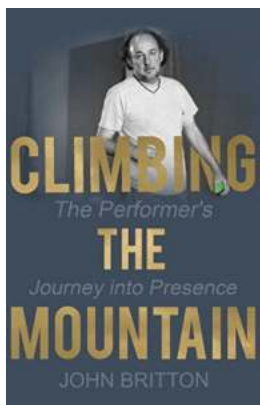
# The Performer Journey Into Presence

Have you ever been mesmerized by a performer's captivating presence on stage? Their ability to command attention, exude confidence, and connect with the audience? It's a magical experience that leaves a lasting impression on the viewer. But what does it take for a performer to reach that level of presence? In this article, we will take you on a journey into the world of performers, exploring their path to presence and the secrets behind their captivating performances.

## The Power of Presence

Presence is an intangible quality that sets apart great performers from the rest. It is the ability to fully inhabit the moment, to be fully present in one's body, mind, and emotions. When a performer embodies this state of presence, they become a vessel for the art form they are expressing, whether it's through acting, singing, dancing, or any other form of performance.

Presence enables performers to connect with their audience on a deeper level, capturing their attention and evoking emotions. It allows performers to communicate their message authentically, transcending words and touching the hearts of the audience. Presence is what makes a performance memorable and leaves a lasting impact.



## Climbing The Mountain: The Performer's Journey Into Presence by John Britton (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

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Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 133 pages  
Lending : Enabled



## **The Journey to Presence**

The journey to presence is a lifelong process for performers. It starts with a deep self-discovery, understanding one's strengths, weaknesses, and what truly drives them as an artist. Self-awareness lays the foundation for presence, as performers need to be in tune with their thoughts, feelings, and physical sensations in order to fully inhabit the present moment.

Training and practice are essential components of the performer's journey. This includes honing technical skills, such as vocal or movement training, but also developing a strong mindset. Performers need to cultivate discipline, resilience, and the ability to embrace vulnerability. They must be willing to take risks, step out of their comfort zones, and face their fears.

Exploring different artistic disciplines and styles is also crucial for a performer's journey into presence. By expanding their horizons, performers can gain a broader perspective on their craft and discover new ways of expressing themselves. They can draw influences from various sources and incorporate them into their unique performance style.

## **The Secrets of Captivating Performances**

While presence is an individual journey for each performer, there are certain secrets that many great performers share when it comes to creating captivating performances:

1. Authenticity: Great performers are genuine and true to themselves. They are not afraid to show their vulnerability and reveal their innermost emotions. This authenticity enables them to connect with their audience on a deeper level, creating a powerful emotional bond.

2. Preparation: Behind every captivating performance lies hours and hours of dedicated practice. Great performers understand the importance of preparation and put in the necessary work to ensure they deliver their best on stage.

3. Physicality: A strong physical presence is a key element of captivating performances. Performers use their bodies to express emotions, convey meaning, and engage the audience. They are aware of their posture, gestures, and movement, using them as tools to enhance their performance.

4. Connecting with the audience: Great performers know how to establish a connection with their audience. They make eye contact, create moments of interaction, and involve the audience in their performance. This connection creates a sense of intimacy and makes the audience feel seen and heard.

5. Embracing spontaneity: While preparation is important, great performers also embrace spontaneity. They allow themselves to be in the moment, open to unexpected opportunities and improvisation. This flexibility adds an element of surprise to their performances, making them fresh and unique.

## **The Impact of Presence**

When a performer reaches a state of presence, it has a profound impact not only on the audience but also on themselves. Presence allows performers to feel fully alive, to tap into their creativity and express themselves authentically. It gives them a sense of purpose and fulfillment, fueling their passion for their craft.

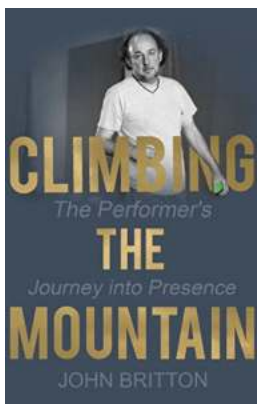
For the audience, a performer's presence is a transformative experience. It can inspire, uplift, and evoke a wide range of emotions. Presence has the power to transcend language barriers, cultural differences, and personal backgrounds, uniting people through the shared experience of a captivating performance.

## The Continuing Journey

Presence is not a destination but a continuous journey for performers. It is something that they continue to cultivate and refine throughout their careers. Each performance offers an opportunity to deepen their presence and connect with the audience in new and meaningful ways.

So next time you find yourself being enchanted by a performer's stage presence, remember the journey they have embarked upon to reach that moment.

Appreciate the dedication, vulnerability, and authenticity that they bring to their craft. And perhaps, let their presence inspire you to embark on your own journey of self-discovery and authenticity, in whatever form of art or performance speaks to you.



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For thirty years I've been training performers to become more connected, more present and more passionately engaged with their work.

For a number of years I ran a Masters Degree during which an ensemble of performers would train together intensively for 12 weeks. At the start of each day I'd give a short talk to introduce the work of the day, or reflect on the previous day's work. The talks covered everything from the purely practical to the conceptual, spiritual, cultural, historical, philosophical and all the other diverse elements that performers draw on as they make their work.

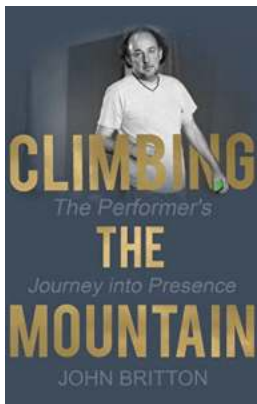
The book contains thirty short talks. It follows a six-week training programme from a group of actors' first hesitant meetings, through increasingly complex understanding of 'Self-With-Others', through to the ensemble's final farewells. It's a journey you are invited to share.

“\*Climbing The Mountain\*” is practical, anecdotal, philosophical, theoretical, spiritual, irreverent, poetic, informal, precise and - most importantly - written in the authentic voice of the rehearsal room. This is how we talk when we train, full of paradox, repetition, metaphor, contradiction, humour and life.

The topics explored include: Presence, Liveness, Spontaneity, Blockage, Reactivity, Improvisation, Physical Actions, Pleasure, Positive Feedback, Self-Reflection, Self-Acceptance, Attention, The Use of the Senses, Multi-Tasking, Self-Discipline, The Repetition of Practice, Ensemble, Ethics, Easefulness and Personal Empowerment. These are building blocks for dynamic, powerfully live performance across art forms and aesthetics. The talks roam across history, disciplines and cultures, bringing everything to bear on the elusive task of being present in one's work in each transcendent moment.

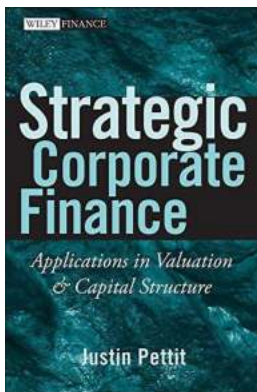
“\*Climbing The Mountain”\* offers the most authentic encounter I can give you (apart from having you in the room with me) with the Self-With-Others, the improvisational, principle-based psychophysical training that’s at the heart of all my work.

The nature of practice is this: however far you climbed the mountain yesterday, today you start from the bottom. Each day we must do our work, walk our path, learn what we are ready to learn. However well you know the mountain, you still have to climb it today if you want to get to the top today.



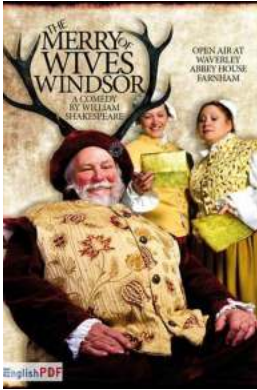
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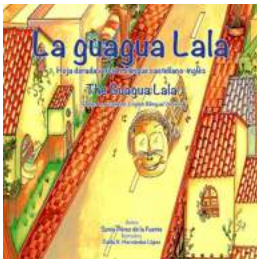
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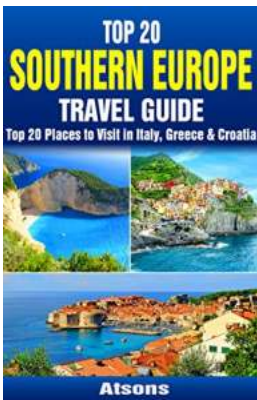
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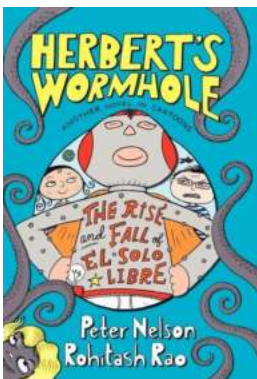
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