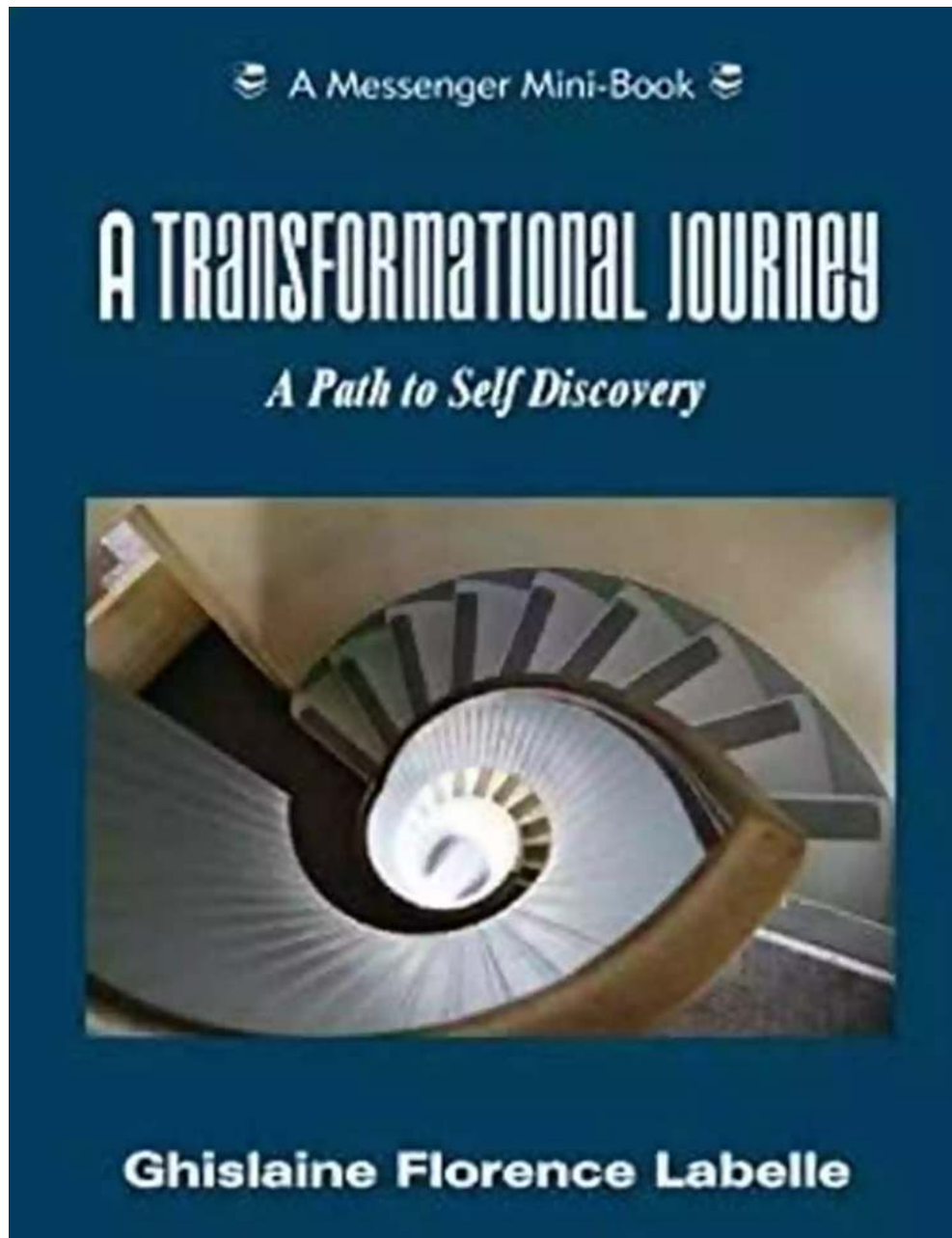



The Performer Journey Into Presence



Are you a performer seeking to take your craft to the next level? Do you want to captivate your audience, leave a lasting impression, and truly connect with them on a profound level? If so, then join us on a transformative journey into presence.

Unleashing Your Inner Performer

Every performer strives to create moments of magic, where time stands still and the audience is fully immersed in the performance. But achieving this level of presence and connection requires more than just rehearsing your lines or perfecting your technique. It demands a deep exploration of your inner self, a journey into the depths of your authenticity.



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

★★★★☆ 4.6 out of 5

Language	: English
File size	: 162 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 133 pages
Lending	: Enabled



During this journey into presence, you will discover the power of vulnerability and learn to embrace your fears and insecurities. By tapping into your emotions and exposing your true self, you will unlock a whole new level of authenticity that will resonate with your audience.

Embracing Emotional Intelligence

As a performer, your ability to connect with your emotions and express them through your craft is crucial. Emotional intelligence is the key to creating truly impactful performances that touch the hearts of your audience.

During the journey into presence, you will delve into the realm of emotional intelligence. You will learn to identify and harness your emotions, allowing them to flow freely through your body and manifest in your performances. By mastering emotional intelligence, you will gain the power to captivate, inspire, and move your audience like never before.

Connecting with Your Audience

Performing is not just about showcasing your talent; it's about forging a connection with your audience. The journey into presence will help you cultivate the ability to truly see, hear, and feel your audience.

Through various exercises and workshops, you will develop your sense of empathy and learn to read the energy of the room. By understanding the needs and desires of your audience, you will be able to tailor your performances to leave a lasting impact on their hearts and minds.

Cultivating Mindfulness and Authenticity

Mindfulness is a powerful tool for performers. It allows you to fully immerse yourself in the present moment, free from distractions and self-judgment. By cultivating mindfulness, you will experience a heightened awareness of your body, mind, and surroundings, leading to more authentic and captivating performances.

The journey into presence will guide you through mindfulness practices that will help you dissolve the boundaries between yourself and your character, enabling a seamless integration of your true self into your performances. You will learn to trust your instincts, embrace spontaneity, and let go of self-limiting beliefs.

A Community of Support

Embarking on the performer journey into presence is not a solitary endeavor. You will join a community of like-minded performers who share your passion and quest for artistic growth.

Through group activities, discussions, and collaborative projects, you will find support, inspiration, and valuable feedback. The bonds you forge with fellow performers will enhance your journey and provide a network of support that will extend far beyond the program's completion.

The performer journey into presence is a transformational experience that will take your craft to new heights. By delving deep into your authenticity, embracing emotional intelligence, connecting with your audience, cultivating mindfulness and authenticity, and finding support within a community of performers, you will unleash the full potential of your artistic expression.

Are you ready to embark on this journey and become the performer you aspire to be? Join us on the performer journey into presence and prepare to captivate the world with your authentic presence and unforgettable performances.

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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.

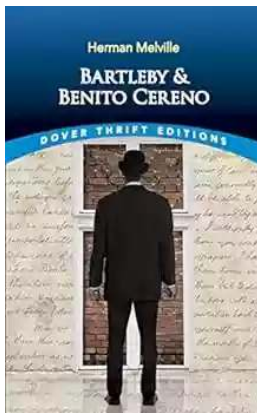
The book contains thirty short talks. It follows a six-week training programme from a group of actors' first hesitant meetings, through increasingly complex understanding of 'Self-With-Others', through to the ensemble's final farewells. It's a journey you are invited to share.

“*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.

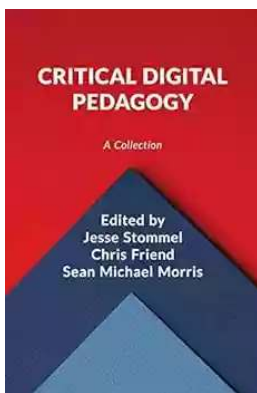
“Climbing The Mountain”* offers the most authentic encounter I can give you (apart from having you in the room with me) with the Self-With-Others, the improvisational, principle-based psychophysical training that’s at the heart of all my work.

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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