



'ALL THE WORLD'S A STAGE' WALKING EXERCISE

Reading & Worksheet

What is the 'All The World's A Stage' Walking Exercise?

This week you're going to get outside and do some exercises that are going to prepare you to get on stage and face the audience. These exercises will have immediate benefits for you, but they're also exercises that you can do again and again. Definitely you should always do these exercises before a show, but they're also things you'd do well to make a habit of doing every single day.

So let's get right into it.

This week, every day I want you to go outside and walk around your neighbourhood a bit (or on a sidewalk somewhere), say for 20 minutes. If you already do this as part of your routine - for example, on your way to the bus stop or the coffee shop or something like that, then fine, that'll do. Otherwise, I need you to take the initiative and get outside and walk around for 20 minutes or so. Just go for a walk. You can do this at lunchtime, in the evening, in the morning... doesn't matter. Simple right?

And when you go out I want you to do a few new things.

First of all, when you step out of the house onto the sidewalk, I want you to notice if you're feeling self-conscious in any way. Like, does a thought cross your mind like: are my clothes too tight? I should have shaven my beard? I've got bad hair. That car wants to turn I'd better cross the road quick. I hope I'm not getting in anyone's way. This jacket is so old. I wish I had better clothes. I walk funny, what will people think? I don't belong here. Why am I wasting my time doing this? Anything like that.

So for this first task, just notice what's going through your head and then consciously decide to NOT be self-conscious. To be utterly unselfconscious. Just say to yourself and feel that you're unselfconscious as you walk. You do belong. You don't have to feel embarrassed about what you're doing with your life. You don't have to feel like you're under attack all the time... for *anything*.

Utterly unselfconscious. Put yourself there. See what happens. Stay aware of what's going through your head and what you're feeling as you walk and pass people by, or enter buildings, or cross streets, or whatever, all the while being decidedly unselfconscious... and see what you notice. Do this experiment. You will notice some interesting stuff.

Take this on as a personal challenge. It's just going for a walk right? :)

And then the second thing I want you to do goes like this. Whenever you pass someone by, I want you to look at their face and if possible, look them in the eye. Even if they aren't looking at you, look at where their eyes



are. Don't be the one to look away first. You may want to take this on gradually... you may find it difficult at first...

But when you're on stage you'll want to be able to look people in the eye (it's very effective) and so you need to be able to do it on the sidewalk too. This is practice. **If you can't do it on the sidewalk you won't be able to do it on stage.**

It's like meeting someone for the first time and the whole connection is made and is felt with the eyes; it's the energy that you notice.

For example: At some point in your life you've probably had a long look with a surprisingly attractive person you've never really met and there's some electricity. With your eyes and your body language, you've let that person know what you're thinking, and they've let you know too - they've returned that short yet somehow long look - some kind of chemistry has happened, some understanding, something's been created and you want it to continue. It's exciting. It's intriguing.

You want to let them know you think they're beautiful. That they *are* beautiful.

Something just like that....

So if you get a chance, look in their eyes for just a moment and see their hopeful, dreaming, innocent self, the person inside their eyes, male or female or in-between. See their energy. See their spirit.

Thirdly and lastly, when you pass by anyone in the street, or even at the grocery store, wherever, as you pass them by, in your mind tell them something positive. You can tell the women that they're beautiful and the men that they're strong if you like. Or the other way around. Picture them and say in your mind "You are beautiful" or "You are strong" or "You can do it" or "You are abundant" or "You are harmonious" or "You are infinitely powerful" or "You are perfect" or "You are loving" or "You are happy"..

So everyone you pass on the sidewalk after looking them in the eye you're going to send them a positive thought. See their unlimited potential. And you can even send them love - it's just a feeling - elevate your emotion and send them love.

Picture them and invoke a feeling of love. Send love even to the crazies.

Before you know it, you'll be able to get up on stage and love your audience. *Any* audience.

What you affirm for others, you affirm for yourself. That's just the way it works. This is going to help you to open up to your audience on stage in an extremely powerful way.

That's what this exercise is designed to do. So do this. Go and do this right now.



Tips To Help You With The Walking Exercise

There's a saying of coach and personal development guru Michael Neil that I want you to **write down right now and memorize**. I want you to have these words working for you in your mind when you do this exercise:

"The feeling of your thinking is not the feeling of the world."

Just let that sit for a moment. *The feeling of your thinking is not the feeling of the world...* The way that the thoughts you think make you feel... the way that the feelings you feel make you think... is not how the world feels about things... It's all personal to you. Going on in your head.

What's going through your head, how you feel about yourself, any guilty or self-conscious feeling that you feel is coming from you... It's the box that you live in, and you alone. *Everyone* is living in their own personal world.

Any worry that you have is not shared by anyone else. Take away the worry and what have you got? Only less worry. Nothing else changes.

The feeling of your thinking is your personal world. The personal world that only you live in. And it's creating life as you perceive it.

We're lost in the feeling of our thinking. And, it seems real. But those feelings that go with those thoughts and those thoughts that go with those feelings are no more real than anything else you could choose to think in that moment.

We're living in the feeling of our thinking, not the feeling of the world.

In any given moment, the world is taking you "as-is" in the present without consideration of past or future.

In general, in the moment, the world is neutral toward you if anything, but responds to what you put out. Whatever you're feeling about yourself (and how that corresponds with words in your mind, the words that you speak and your body language) has nothing whatever to do with what anyone else otherwise is thinking. Until you create that reaction and it comes to seem that way.

And in general, people *want* you to succeed. Don't believe me?

Just consider for a moment how you feel toward others. What do you usually think when you see someone new, or meet someone new? You see their potential, not their limitations, right? You don't see why they can't succeed at whatever they put their mind to. You don't see any reason why they cannot achieve their dreams. You don't see the obstacles that they see. You're not trapped in their heads. In fact, you might even feel intimidated by the *potential* you perceive. And if you get to know them, your first instinct is to be encouraging, to want the best for them. Isn't that true?



Why should others feel any different toward you? They don't! They don't perceive all the reasons why you think you can't do something or be something. They don't see *why not*. They're more likely to say: go for it!

The feeling of your thinking has no bearing on your potential in this moment, just on what you're likely to do with it.

So it's up to you to choose to think differently and feel differently and show the world something new.

It's what you give out in a given moment that is creative, that builds your future, that can make your world bigger. So, resolve to stop feeling small, and let yourself grow.

Thinking 'I shouldn't be doing this' or 'I shouldn't be doing that' for this or whatever reason for which you have a shame, guilt, fear or worry response is completely unnecessary. There's actually no reason to feel that way. It's all reverberations of the long ago events that created the feelings. That created your patterns of thought including all the self-criticism and self-judgement that you experience. Those events are not happening anymore. So why should you hold onto the feelings? Why should you let them create the world you live in *now*?

If some people close to you tend to put you down it's because you've either trained them that way or they've been trained that way and you've been trained to take it. Awareness of these kinds of relationships is the first step in moving past their limiting influence. (That's also something I can help you with, though it's not a feature of this program.) We're all in some kind of habitual pattern with the people close to us that we see every day. Sometimes it's not healthy, it's not good for us.

But if you can find some space to change your thinking, I can personally attest that the patterns and the relationships change too!

When you interact with people, people do respond to your thoughts, what you're thinking and feeling about yourself, your personal energy, your body language and how you behave. And they respond mostly unconsciously one way or another... in fact they respond quite automatically to what you're putting out there, just as you respond to what they're putting out... But people are not judging you in the way that your brain likes to tell you they are. Everyone is living in their own personal world. You have no reason to feel self-conscious. They're responding only to what you're putting out right *now*. What are you putting out?

The feeling of your thinking is not the feeling of the world. It's just the feeling of your thinking, and a reflection of events that happened in the past that you're letting define your present.



TIP #2: Criticism

If you think about it, when you judge or criticize anybody, you're setting up the context of self-consciousness that you yourself will experience. For example:

- If you think someone else's jacket is ugly, then you'll be self-conscious about how your jacket looks.
- If you think someone else has bad hair, then you're going to spend longer in front of the mirror before leaving and you're going to worry all day whether your hair is out of place.
- If you criticize someone for their unwashed car, you're going to be self-conscious about the shine on your own car.
- If you criticize someone for the clutter in their house, you're going to be self-conscious about the clutter in your own house.
- If you criticize someone for their sexuality, you're going to be self-conscious about how your sexuality is perceived.
- If you criticize someone for their singing, know that you're going to be self-conscious about your own singing.
- If you criticize someone for their playing, know that you're going to be self-conscious about your own playing.
- If you criticize someone for their songwriting, know that you're going to be self-conscious about your own songwriting.
- If you criticize someone for criticizing others, know that you're going to be self-conscious about how much you criticize others :)

Your criticism and judgement of others **defines** your context for *self*-criticism and *self*-judgement!

The way in which you judge others defines how you perceive you are being judged. And this ends up as pre-judgement about *yourself*... even before you go on stage.

But... you don't want to be self-conscious about ANYTHING when you get up on stage. So what you need to do is get out of the habit of criticism and judgement. It's only making you self-conscious and getting in the way of you connecting with your audience.

Every time you criticize you're inviting self-criticism. You're inviting self-judgement. You're inviting self-consciousness. So get over yourself. So you can be free on stage.



Imagine if you were able to make no assumptions about the audience and what people are thinking and instead were able to just give the best of yourself and your work from the stage. You'd have nothing to prove, you'd do your thing 100%, you'd share all the way, and there's no more impressive way to be.

You can practice by paying attention to the magnificent diversity all around you. See that it's beautiful. We're all magnificently different... know that everything occupies a different place in space-time (no two blades of grass occupy the exact same point in space and/or started growing at exactly the same time) and therefore we're each a unique expression of life and there's no question of our value. We're all infinitely valuable.

When you recognize this, **when you're not feeling self-conscious**, you're able to celebrate the differences. And you find yourself suddenly far more interested in other people... You see the pure positive energy inside everyone. You see their hopeful, dreaming, innocent selves. You see the potential. You see that life is a celebration. And you help others express more life.

In fact, it's when *you* express more life that you help others express more life. That's when you start making fans. We're all connected by the urge of life to express more life. It's a group project.

Because, you see, we're also all magnificently the same! We're all made of energy, we're all part of the energy that includes matter, and this energy is not innately limited in any way. We're connected by this. This is the power that enables you to get up on stage and take over the room. Because you know you can. You've always known it's possible for you. You've done it before and you can do it again. *The secret lies in recognizing this power.* When you're not feeling self-conscious, you maximize your ability to impact the energy in the room.

It's by virtue of this sameness, this connectedness, that what you see in others, you also affirm for yourself. So, when you say to someone 'You are beautiful', then you're affirming that you too are beautiful, and when you say to someone 'You are powerful' then you're affirming that you too are powerful.

See everyone's limitless, dreaming self. They have infinite potential. They're part of the infinite abundance of the universe. And so are you.