



ELEVATED EMOTION EXERCISE

Reading & Worksheet

What is the Elevated Emotion Exercise?

In this exercise you are going to elevate your emotion and then share it with the world. Once you are in touch with the feeling, you are going to visualize it as light and spread it outwards until it encompasses not just your room and your neighbourhood, or even your city, country, or planet, but the entire universe.

What are elevated emotions?

Well, we've explored what brings our best moments on, for one... but how do we describe them, how do we describe the feeling? How did you describe the feeling of the best moment?

In fact, you may have found that these feelings are difficult to describe really, but here is a description provided by Jill Amariah Mara and published by Conscious Life News that may come close:

- 1. passion or being enthralled with enthusiasm**
- 2. unconditional love and empathy**
- 3. sensitivity to one-ness or feeling the inter-connectivity of everything**
- 4. expanding awareness to the molecular or infinitesimal and to the wholeness of the entire universe**
- 5. disassociation with your ego self as separate from your spiritual self**
- 6. peace, serenity and tranquility**
- 7. acceptance and appreciation.**

Do you know these feelings? You do! The best moments of your life are made of these feelings.

But you used to feel them more often, didn't you? Yes you did. When you were younger and you didn't have as many set ideas about how the world and the music industry work, you were more open to feeling this, you went for what you wanted, you evolved constantly - your beliefs and responses were not as rigid and automatic then as they are now. You were more connected with possibility.

So let's build on the previous exercises. This time we are again going to draw upon a feeling that you know and can tap into, but we're also going to build it up, expand it, and share it with the world.



Why do the Elevated Emotion Exercise?

- To succeed you have to *want* to put your music out there.
- To some degree, almost everyone is fearful of sharing who they are even with the people close to them – and yet this is where the real secret to success lies.

Why do this? Well, because if music is going to be more than a hobby for you, if you have a vision of yourself, a dream, of being a successful musician, a rockstar even, you have to put it out there, you have to share it. In fact, you have to want to share it. Many musicians start out wanting to share their music, to share who they *are*, really, but learn instead along the way to fear doing this more than anything.

To some degree, almost everyone, no matter what they do, is fearful of sharing who they are even with the people close to them, let alone the world. And yet this is where the real secret to success lies.

And it's our experiences along the way, and the beliefs we develop, some of which come from the influencers in our life, our parents, some of which come from society, ideas and beliefs about music and what it means to be a musician, and the life of a musician, that trip us up.

That you've got to get a 'real' job. That the life of a musician is hard. That you can't have a family and be a musician. That no girl or guy is ever going to want to be with you if you say you're a musician. That there's no money in music. That it's selfish somehow to put whatever resources you do have into music.

You do it anyway of course. You make a stand, you create your hard fought-for art. And you believe in it. You are an artist. And at last you put it out there.

- **It's this fear, this self-consciousness, that leads to disappointing stage experiences, not the other way around.**
- **These ideas, lurking in your mind, are a self-fulfilling prophecy. And they're keeping you from getting anywhere with your music.**

But now you need results. You need to justify all the effort and sacrifice you've made. And you have high expectations! You've launched something great. But when the recognition and financial results - the generally accepted measures of success - that would justify all your efforts don't come right away, your expectations are naturally disappointed. And all those voices in your head, the voices of your parents, of what you think everyone is thinking about you, get louder. What they're saying seems more true. It's confirmed somehow in your mind. Whether you're conscious of it or not, fear of failure has set in for good.

And it walks around with you. It gets up on stage with you. It's written all over your face, in your body language, and it gets in the way of you connecting with your audience. At this point one bad gig can really set



you back - months or even years. But the key thing here is that it's this fear, this self-consciousness, that leads to disappointing stage experiences, not the other way around. The real truth is, these ideas, lurking in your mind, are a self-fulfilling prophecy. And they're keeping you from getting anywhere with your music.

- **All the potential is there inside you where it's always been.**
- **Elevated emotions are transformational.**

The irony is, music is your dream because you connected with the audience when you started out. When you started out you weren't self-conscious. When you started out, you didn't have to justify your decision to pursue a music career. You didn't have to prove you were worthy of being on stage. You didn't have pre-conceived notions, you weren't judging yourself, you shared all the way and you gave that audience something real. You just did it. And it was one of your best moments. It was a great feeling for both you and the audience. Transformative even. You were transformed. Part of you never forgot it.

You've done it before, and just like you've always known deep down, you can do it again, and again. This is what it means to live your dream.

Because all the potential is there inside you where it's always been. You just have to move past all those negative and limiting beliefs you've accumulated that are getting in the way.

There is a truth, a very interesting truth, that we are going to leverage very soon. And it's exceedingly powerful.

Intensely emotional experiences emblazon themselves upon us – we never forget them. And intense emotions tend to stir up and elevate lower emotional energies. This is evidenced in the power of music to affect our moods. This is evidenced in the power and sway held by charismatic figures over others. In fact, to share all the way, fearlessly, and be in a state of elevated emotion - this is the definition and source of all charisma.

In other words, elevated emotions are transformational. This is your very own experience. This is the very power of your music dream and the sway it holds over you yourself! Look at your life. Look how music has impacted it. It's beautiful, it's wonderful, it's strange - it's time to become conscious of what's going on.

We are going to choose this for ourselves. It's too late anyway. The dream will never die because we've felt this elevated emotion. We're aware of this feeling. And once your awareness has been expanded there can be no going back. Just take a moment right now to reflect on what it means to become conscious of this truth. This, right now, this is a VERY POWERFUL MOMENT FOR YOU.

- **All change begins with a shift in emotions.**

When you shift from heavier emotional energies such as fear, depression, and guilt into lighter energies such as hopefulness, enthusiasm, and passion, you create more easily. You develop more quickly. Your creativity is enhanced and even your understanding, vision, intellect, and physical agility get a boost.

There are even more benefits to elevating your emotion. You gain a greater depth of perception, you have



more presence, and you reach a deeper level of connection to your surroundings. You're better able to see the meaning of events from your past and present, and how they relate to your future.

In fact, you can say that this exercise is an antidote to self-consciousness. Self-consciousness after all, is boring. It's what the audience experiences all day every day in every other context of their lives. But when they go to a show, they get something special, because you, the performer, you are not self-conscious, right?

This is what Tom Jackson, the famous Live Music Producer, means when he says "you have to love your audience" and "self-consciousness gets in the way of love".

Because sharing is an act of love.

It's love, you see, that is the opposite of fear and *fear* that is the opposite of love. Hate? That's just one aspect of fear. Self-consciousness too is an aspect of fear. None of this fear helps you share all the way on stage and connect with your audience. But when you're experiencing an elevated emotion, you do not feel fear. Think about that.

And after all, the audience wants you to *show* them who you are. That's why it's called a show. It's when you don't give it to them that their attention wanders.

And when you share all the way, you show your audience that it's ok for them to do it too. Your audience will enthusiastically do what you ask - they'll clap along with you, they'll laugh along with you, they'll cry along with you. They hear you. They see you. And they remember you.

Your show touches them, gets them out of their heads, shows them what's possible, and changes their lives. And you travel around sharing this, creating this, co-creating this with your audience, any audience, every audience, wherever you go.

This is what you want to do for your audience - elevate their emotion - but first you must start with yourself.

With this exercise you're going to start to transform lower emotional energies that are getting in the way of you sharing who you are on stage.

You're going to peel back the cynicism and negativity that's layered on over the years, obliterate the associated withdrawal and general feeling of tiredness, and you're going to replace all this with energy and enthusiasm.

You're going to access an elevated emotion and you're going to share it with the world. You're going to build it up and expand it outward until it fills the universe. Let's go!



How to do the Elevated Emotion Exercise

Before doing the exercise take a moment to answer the following questions and write your answers down:

1. Who are the people in your life who've supported you and shown you unconditional love?
2. Reconnect with who you were at an earlier age. How did you feel about your dreams and the possibilities of the future when you were a child or teenager?

Then, sit down cross-legged in a meditative pose. The next step is to close your eyes, take some deep breaths, and just try and quiet your mind a little. And once you're relaxed, you're ready to begin the visualization.

And what I want you to do is remember and feel the person you knew yourself to be as a child or teenager or even young adult. In particular, times when you were feeling adventurous, willing, or enthusiastic.

How are you going to do that?

You can start by quietly singing your favourite nursery rhyme from your childhood. Mine was always 'Baa Baa Blacksheep'. This may sound a little silly, but just singing that nursery rhyme, rocking back and forth, does create a feeling for me and I think it will for you too. You can start there, with that nursery rhyme, and you can sing it a few times over. Get into it – let it take you back.

Next, you want to see yourself as you were at that younger age. Just let images of yourself for example from pictures you've seen, flash across your mind. Dwell for awhile on each image. Remember some of the things you did that go with each image. The hobbies you had. The sports you played. What you did with childhood friends. What you did at lunch hour. What you did on the weekend, in the summertime, after school. Take some time with this. Get into it.

Maybe one of the best times of your life happened when you were a child or teenager. Now go back there to that time. Who was that person? - well, it was you... [pause]. Remember that person, that feeling.

You want to feel the sense of adventure, the enthusiasm, and the willingness of that child or teenager you once were, even if just in a hazy kind of way.

Or, think about a time in your childhood when you may not have known exactly how to do something, but you were willing to go for it. Your first real job perhaps. Or maybe the first time you went on a plane by yourself. Or maybe when you learned a new sport, or the first time you kissed someone, or how it felt the first time you fell in love with someone.

You had a lot of faith, you had a lot of energy – you were going to be someone and you were unstoppable too!

Feel that it's good to love life.



Delve deep. Peel back the layers. Remember the detail. Take all the time you need to get in touch with the feeling.

Okay, now that you are in touch with that feeling, I want you to imagine it as light. Just feel the feeling and see the light in your mind's eye. This light originates in *you*. And you are going to let it grow until it fills the room you are in. It can be a blue light, it can be a white light... it's light, living pulsing light.

And once you get there, I want you to remember an experience of unconditional love. Or a time when you encountered unconditional love.

You can imagine the face or faces of the people in your life who gave you unconditional love either as a child or an adult. See it in their faces, in their eyes. Feel it. They are there in the room with you, smiling, with friendly faces. Their hands are on your shoulders wishing you love.

Now amplify it, multiply it, let it wash over you. Let the feeling flow through you and around you and grow until it's filling your house.

Now, you can take your time with this part. Go as slowly as you need. The more detail you envision as you expand the light outward the better.

And now, now envision the light spreading further until it is filling your front and back yard, and then your street and all the houses on your street. See it slowly spread outward until it's filling your neighbourhood. This light is coming from you. And it's growing still. It's expanding across the city in all directions. Soon it'll have covered the entire city. And now it's expanding outward over the fields and forests, continuing to expand and reaching the next city to the east, and to the south, and to the west, and to the north. Now imagine it filling the whole region - the next big city is filled with this light and now the whole country is enveloped by this living, flowing light. It's intense, increase the intensity, build it further, let it enter every street and alley and creek and waterway and every living thing and person too.

Let it invigorate you and give you strength, energy, and peace.

Let it fill more and more cities until it fills the entire continent and still it's expanding and spreading further and further. Until it covers the entire world. The entire world is covered by this ever-expanding light coming from you. Throw your hands into the air. And push it outward, expand it, it wants to expand. Expand it beyond the earth to Mars, Venus, Mercury, The Sun, Saturn, Jupiter and beyond, the entire solar system and now the galaxy and now as far as your mind can reach, the entire universe.

Nothing can hurt you. Nothing can stop you.

Hold your heart open and filled with love for as long as possible. Aim for five full minutes.

You might feel compelled to lift up your hands. Tears may come to your eyes. Let them come.

Can you do this? Yes you can!



Little by little, let the feeling subside, but know that it's always with you. It's a part of you. It's within you and always present.

How do you feel? Feels good doesn't it?

You can do this exercise as often as you like. And from the first time you do it, there'll be benefits.

You'll start to see possibility all around you instead of obstacles, denials, and delays. And with a sense of possibility, doors will be opened to you.

Until soon, play all out, share all the way, and get as big as you want my friend!