

How to eliminate Stage Fear



Stage fear can be eliminated by 3 main aspects, that is:

1. Your music knowledge
2. Your voice
3. Your right singing posture (sitting or standing)

Be thorough in your musical study and gain the knowledge from your Guru. Make sure you fine tune your voice and confident enough to perform. Finally learn and correct the singing posture for your performance. By knowing all these, you are all set and you need not worry about the stage fear. As we are blessed, talented and entertainers to entertain others by singing there is nothing to worry about this stage fear. Once you are thorough with your musical knowledge, take affirmations that deepen your experiences of success. Start creating new inner experiences which are deeply true. The more vivid your imagination, the more your cells absorb the new belief and follow it as an instruction. If a conflicting belief, discomfort, or mental objection arises, observe it with compassion, and imagine it dissolving into higher truth.

Deep relaxation helps you to focus on subtle energy patterns. This is followed by a meditation on several power centers in the body-mind. Each center regulates an energy quality that is linked to voice development. Regarding the posture when you sit and sing you have to sit straight without crouching. Shoulder should be expanded. While standing, stand straight and either of the legs should be forward. For more details visit our course section and updates. Happy Singing!!