

## **The Second Circle**

### **Presence on Stage 2023**

#### **First Circle: Circle of self and withdrawal**

##### **Negative**

- Inward moving and drawing energy toward the self
- Draining others of energy
- Withdrawing from society
- Holding breath
- Feeling left out
- Repeat yourself when speaking
- Self-conscious
- Not taking care when dressing

##### **Positive**

- Time to self/alone time
- Reflection
- In character on stage
- Practicing
- Meditation

**Negative examples – mobile phone at dinner, texting**

**Positive examples – are self-care in own environment, concentration when practicing, meditation, mindfulness, self-awareness**

#### **Second Circle: Circle of connection and communication**

- This is the circle of survival -the give and take of being present.
- Focused on a specific object or person and moving in both directions
- This affects everything about our being – our thoughts, our physical presence, and our breath
- Passion and energy are alive
- Generosity
- Intimacy and knowledge of one another are alive
- Honesty with yourself
- Going to your higher self
- Safe in vulnerability
- It enables the success of the individual and society
- Survival
- Make eye contact; say please and thank you, address people by name

**Example – watching a great speaker, athlete, or great artist/performer be in the moment/present**

### **Third Circle: Circle of bluff and force**

#### **Negative**

- Energy forced outward toward the world
- Controlling and spraying energy around
- Misuse of power
- Superficial
- Unfocused, lacking detail
- Impersonal energy
- Manipulation
- Come out fighting
- Abuse
- Gaslighting
- Narcissism
- Authoritarian
- Egotistical

#### **Positive**

- Teacher directing students
- Giving direction in a crisis
- In character on stage
- Saving lives

**Negative example – Narcissistic behavior – lying and manipulation**

**Positive example – A teacher organizing students to pay attention.**

### **In summary**

- You need to be able to move through all three circles during the course of the day.
- We know long before you open your mouth if you will have presence
- The permanent loss of the second circle can be the loss of life force.
- Learned habits often prevent presence
- Our true state of being is presence when we are living in the moment
- It can be dangerous for us not to be present

Which circle do you mostly live in most habitually?

How do we lose presence? How do we stay present?

### **Exercise: Speaking to one another in a state of presence**

- You are present.
- You are sensitized to the world and each other's humanity.
- You are immersed in present energy.
- This kind of presence allows for vulnerability
- With knowledge of each other you displayed empathy and compassion without judgement.
- You feel safe
- Humanity is expressed in the eyes, facial expressions, breath and voice.
- You touch and impressed someone.
- If someone is not present with you, you feel disconnected, dismissed and ignored
- **Dr Edith Eger says - 'Every color is derived from just a few primary emotions - sad, mad, glad and scared!'**