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Speaking Tips # 39 070902

Perfect Focusing

Imagine going out jogging. Most of us have experienced that the world disappears after a while and we don't realize that we are jogging. We start to "think without realizing that we think". We are not aware that we are jogging because the brain is occupied with some problem solving, some nostalgia, with our job or whatever it may be. This is perfect focusing. Another example of perfect focusing is when we arrive to our destination after a long walk, while conversing with somebody. We wonder how on earth we found our way. The reason, of course, is that the body has found its way unconsciously while the brain was completely focused on the conversation.

We also see perfect focusing in close-ups of athletes facing a crucial performance. The brain has turned off awareness of tens of thousands of spectators. The sound of rhythmical handclapping is vaguely being perceived and the concentration on what is about to happen is total. Without it, the body will not perform that extra which is needed for complete personal success. Those athletes also associate focusing and positive fighting spirit with certain hand, arm or other physical gestures.

Especially athletes serve as ideal models to us who wish to enthusiastically convey our thoughts to an audience. In order to arouse enthusiasm in others we simply need to be motivated to inspire our audience. And to succeed with that, we need to focus. What we, as speakers, should focus on is exclusively the audience and its reactions. If we manage to screen off everything else and focus perfectly on the reactions of the audience, all body movements, voice variations etc will automatically fit like a glove.

It is said in religious circles, that The Holy Spirit entered a preacher. This means that the preacher became totally focused on inspiring (from spirit) the listeners, ignoring everything else that might interrupt his message. He became flooded with captivating energy. That is, what we as speakers, should learn. However, it does not mean, that we always have to be fascinating, but once we have practiced our ability to give ourselves a kick on stage and others in the benches, it becomes so vitalising that it easily becomes a pleasant habit. Remember this:

1. **Enter the right mood** in good time before the performance and screen off threats!
2. **Associate some physical movements or words with your focusing**, like "come on!!" or "go, go, go!!"
3. **Pep up while you are going!** Maintain focus all the way until you are finished.

If, after your presentation, you are utterly surprised that you captivated your audience, you are likely to have been perfectly focused. You have taken that walk, when the body has automatically and unconsciously moved forward to your destination, while you were consciously perfectly focused on a conversation with the audience.

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