

The Second circle

First Circle: Circle of self and withdrawal

Focus is inward, and the energy falls back into you. When in the first circle, you are not very observant or perceptive about people or objects outside yourself. The first circle absorbs the other's energy and draws outward stimulus toward the self. The first circle, at best, allows for reflection and introspection. It can sometimes be helpful but is limited if you live predominantly in this circle. You can come across to others as self-centered, uncaring, and withdrawn. Your personal power can be compromised, and you are vulnerable to being victimized.

You are in First Circle if you -

Draw energy toward yourself but don't give anything back.
Are in a state of 'cool'
Withdraw from people physically, feelings, or ideas
Unaware of others and how they feel
Hold your breath
Are unable to be heard when speaking or playing
Are self-conscious and lacking in confidence
Are dressing to blend into a crowd
Feel left out

Example - walking expressionless without purpose onto the stage with head down, avoiding eye contact with the audience, and not having the confidence to fill the space on stage.

Second Circle: Circle of connection and communication

In Second Circle, your energy is focused. Energy moves in both directions – toward the object of your attention, touches it, and then you receive energy back. It is the give-and-take of musical conversation with an audience.

The energy emanating from our being is with intention– our thoughts, physical presence, and breath. You are in the moment.

You know you are in Second Circle if you -

Reveal your humanity
Feel centered and alert
Feel primal - connected to the earth
Feel your breath flow with ease
Give with generosity and reach out with compassion
Notice and acknowledge how others are feeling
Being honest with yourself and others
Going to your higher self
It enables the success of the individual and society
You communicate clearly and without judgment
Make eye contact, say please and thank you, and address people by name.

Example –Walking with comfort, intention, and confidence onto the stage. Feeling comfortable looking out at the audience. Visualizing an expressive and successful performance. Embracing the audience and the performance space with joy and positive intent.

Third Circle: Circle of bluff and force

In Third Circle, all your energy is directed outward and is not specific. It is as if you are forcing your will on others. You may get a loose connection to a situation but miss the details. You may attract attention but engage superficially with those around you. You may speak with eloquence and charm, but you look through people. At worst, others may experience you as arrogant, insensitive, and overbearing.

You are in Third Circle if you -

Force your energy out toward the world

Speak with forced energy, but don't notice or interact with your audience.

Are superficial and impersonal

Are loud and obnoxious

Don't notice or care if people are not enjoying themselves as you are

Misuse and abuse of power

Ready to fight to take power

Tell untruths to control power

Example – Walking onto the stage with egotistical or no particular intent. Performing with a superficial, forced energy but not caring to connect with the audience.

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 or not.

The permanent loss of the second circle can be the loss of life force.

Learned habits prevent presence. Our actual state of being is presence when we live in the moment. It is dangerous for us not to be present.

Which circle do you mostly live in habitually? What is your favorite circle? Do you trust Second Circle? Are there activities in your life that promote you in Second Circle? Are there tasks that take you away from Second Circle? Are you fearful of Second Circle?

Is there any specific energy pattern to your interaction with the following people?

Parents

Siblings

Teachers

Friends

Colleagues

Partners

Who is present with you? Who allows your presence? Who blocks it?

Over days, weeks, and years, you will discover answers to these questions. You will begin to understand your impact on the world and its impact on you. Trust yourself and begin to move your energy to Second Circle, shifting out of old habits that prevent you from being present. Embrace your best self!