

The Unstoppable Artist's Formula
With Denise Braun, M.A.
Artist, Hypnotherapist, Author and Inspirationalist
THETA STATE CIRCLES

Hi everyone. Thank you for listening to my interview with Nikol. As a fellow creative, I know how important it is to find quality support and new strategies that correspond with your art practice. So I'd like to offer you a fast and bomb-proof way to get into alignment and to help you RELAX before you begin performing, speaking, creating, or doing anything artsy.

Why is getting into intuitive alignment important?

Have you ever tried using creativity paired with stress or anxiety? Have you ever felt overwhelmed or 'stuck' before you began your art form?

It's common to need a boost of serenity before a performance or music set. As humans we are natural analyzers and thinkers. The problem, however, is over analysis prevents us from doing our best work. And it keeps us locked in our conscious brain (our 'judgement center').

My take on this is simple: engage your subconscious (aka unconscious) mind when you're ready to be creative.

Why?

Tapping in to Subconscious tells your nagging, conscious, “over analyzing” brain to take a hike! And the *subconscious helps you find a quiet rhythm from which to be creative.*

Our subconscious brain is more than 80% of cognitive process. Why not utilize it’s ‘power’ to help create a calm flow before we begin making/creating/performing?

This simple technique, Theta State Circles, activates the subconscious, forcing your conscious “critical mind” to shut the F UP! The result? Calm, peaceful mind-space...helping you get ready to kick ASS at your next gig or art show.***

What is Theta State you ask?

Theta state is a VERY DEEP level of relaxation. We are in THETA when we go into REM (Rapid Eye Movement) sleep. Our brain LOVES Theta state. And it helps us calm the F* down!**

**To start, grab a piece of paper, any pen you like (smooth writing pens that throw out lots of ink are fabulous—I like Uniball Signo Pens), and find a quiet spot with a hard surface to use for writing. Once you’re set, watch my quick 5 minute video: How to Create Theta State using Circles.

*Before you begin your Theta State Circles, rate your anxiety, irritation or current body state on a scale of 1-10 (10 is super anxious, 1 is almost falling asleep). Let’s see if the number you rate changes as you complete these Theta Circles.***

Voila! A calm state of mind is yours.

Now go create some magic you divine being!!!