tweaklite®
personal home care

Stage Fright

Overcome

Fear of public speaking, Stage fright, Presentation anxiety, Flight behavior, Procrastination.

“Face the light and the shadows will be behind you”

CE Made in Holland by Tweaklite BV www.tweaklite.com

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Read this before use

Your Tweaklite is a high-quality tool for applying a specific color-light protocol to the body. Before use, recharge the instrument completely using a USB charger or PC. Charge = red, full = green. Press the key briefly to activate the instrument, wait for the tone. The instrument is now ready for use. Too long pressing the button will activate the test colors. For switching off, press and hold the switch-off button for 6 seconds, wait for the tone. The instrument turns off automatically after 4 minutes. Application is intended solely for well-being and does not replace any medical treatment. If in doubt, consult your doctor.Note Never look directly into the light, it can dazzle and do not use the instrument during pregnancy or epilepsy.

Stage Fright

Applications:

For a public presentation, mental balance is a determining factor. With this Tweak you can influence this in a positive way. The Podium Tweak gives emotional strength and confidence for performing on stage, in a meeting room or in a classroom. Overcome:

- Fear of public speaking
- Performance anxiety
- Presentation fear
- Avoiding difficult issues
- Escapism / procrastination.

Background

Sometimes the most experienced artists always have trouble getting going at public events. Sometimes you doubt yourself or let your subconscious know that something needs to change.

If that is the case, you can intervene in that process yourself. The treatment is aimed at programming the subconscious in such a way that you gain self-confidence. That you can eliminate your self-sabotage so that your brain regains control over what needs to be done.

The result is achieved by visualizing, the most powerful method to change your mind. However, there are two blockades that try to stop this: fear and stress. These blockages are dealt with in the first 2 phases of this protocol, the third phase determines your self-confidence. The 3 phases:

1. Fear: That is not surprising, fear is part of survival. But chronic anxiety is depressing.

2. Stress. If you are anxious, you are wary and tense. That is stress. This is not a condition in itself, but a phase in a process.

3. Visualizing is the most powerful method to reach your goal. That is what ultimately makes you happy. Visualise what you want to achieve: self-confidence.

Phase 1

Abdominal breathing

- Put a hand on your belly: this helps you to breathe consciously to your belly.
- Sigh gently first, your mouth slightly opened. Relax your shoulders and the muscles of your upper body. You don't have to breathe out completely.
- Close your mouth and pause for a few seconds.
- Keep your mouth closed and inhale slowly by expelling your nose through your belly. Once you have inhaled enough air without using your upper body, stop.
- Pause briefly as long as it feels comfortable. Make sure you breathe in more air than you are used to. Breathe slower.
- Open your mouth. Exhale by pulling your mouth through your belly. Repeat this procedure as long as the light shines.

Warning:

If you can't relax, that's a warning. Any underlying causes should not be excluded and may require medical referral.

Phase 2 & 3

Procedure

Phase 1 is aimed at processing **anxiety**. Briefly press the key to activate the Tweaklite. Wait for the tone.

Set the Tweaklite to the HARA point: approx. 2 finger thicknesses below the navel. Place the Tweaklite directly on the skin or through thin light clothing.

Start with the abdominal breathing and stay focused on it.

Briefly press the button again to start the treatment. A pulsating light appears.

After 2 minutes, the light stops with a tone.

Phase 2 is aimed at releasing **stress**. Put the Tweaklite on your "third eye", exactly between the eyebrows. Close the eyes and press the button briefly. A pulsating light appears.

Continue with abdominal breathing

Visualize a place where you can relax, a beach, a mountain, a forest, on a bike, in bed. Where you will find peace and quiet. If you notice that your thoughts are wandering away, return to your vision.

After two minutes, the light automatically becomes a relaxing colour gold. If it feels pleasant, leave the light on the "third eye". You can also apply this to the throat or apply it.

After 3 minutes the light stops with a tone.

For people with only stress: stop here.

Phase 3, theme **public** performance

Put the Tweaklite back on your "third eye", close the eyes and briefly press the button. A pulsating light appears.

Continue with abdominal breathing

Visualise what you want to achieve: you are confident, you give a speech, you make jokes, you watch your audience, you walk across the stage, you laugh, etc.

If you notice that your thoughts are wandering away, return to your vision. The maximum time is 5 minutes. Stop earlier if it feels enough.

Attention: adhere strictly to the order of the phases!