

## Xen-Zen Performance Techniques™:

### A New direction in the Vocal Arts

**Xen-Zen Techniques™** (pronounced “shen-zen”) has evolved from years of study of singing, movement, healing arts, Eastern philosophy and techniques, and Integrative Quantum Medicine™. The techniques are designed to help singers approach performance and singing from the inside-out.

For a long time the performing arts have been working from the outside-in. This is evidenced in the huge numbers of TV reality shows and Internet sites around the world relating to performance, particularly singing. The media have had so much influence on performers that surveys are now telling us that instead of children wanting to grow up to be singers, they want to grow up to be famous. It is time to change the balance to a more “inside-out” approach that fosters compelling performance. Xen-Zen Techniques™ do just that.

#### What do the words *Xen* and *Zen* mean?

*Xen* (shen) is the Chinese word for the spirit, soul, or mind, and includes the zest for life, charisma, the ability to exhibit self control, be responsible, and live a happy, spiritually fulfilled life.

*Zen* can be interpreted as self-contemplation, direct intuitive insight, quietude, and inner seeing and observation.

#### What does this mean for performers?

It enables the performer to reach his or her ultimate potential from a position of inner strength and confidence rather than the precarious nervousness of unknowing.

For learning, performing, teaching, and for life, it means...

- Being centered
- Having control of your mind when you need it most
- Increasing your Qi (Life Force) for performance
- Breathing exercises that relax you
- Using visualization as an important tool
- Managing performance stress
- Self-healing
- Going beyond your potential
- Compelling presence in performance

For more information see Xen-Zen Courses on this website or contact:

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