



# inside theatre

with Mikhail Usov

## How to Develop Your Powers of Charisma

from the Leadership Skills Series

by Mikhail Usov

International Author, Performer, Artistic Creator, Cirque du Soleil, Royal Albert Hall London  
As seen on the Tonight Show with Jay Leno

---

**T**he ten lessons in this Series are designed to change your understanding of your relationship with an audience and guide you through a series of exercises proven to reduce performance fears and restore and increase your powers of charisma.

We all understand that the quality of charisma is essential for modern leaders, educators, and presenters to break through to top levels of success.

Over 30 years, I've used the exercises in these lessons to create a charismatic persona that holds the attention and wins the hearts of audiences throughout the world.

When I realized that many of the techniques used to create and hold a charismatic magnetism *are unfamiliar to non-performers*, I decided to create this Series.

After testing this Series, I discovered it is possible to build a charisma that can hold and control the attention of audiences from hundreds to many thousands, once these techniques are mastered.

You have shared contact information with me, and I promise to follow the GDPR (General Data Protection Regulation) directives and respect the privacy of this information.

There are ten lessons in the complete series. You have received this free download as a gift for purchasing my new book, *The Invisible Clown*. Thank you! I'm always available to answer your questions at [clownusov@gmail.com](mailto:clownusov@gmail.com).

Let's Begin...

1



# SEPARATE YOURSELF FROM YOURSELF

## Preparation

**Y**ou've probably heard this phrase before, and it can be frustrating to realize that something that should be easy to do – stepping away from yourself to take a good objective look at yourself – can be done **ineffectively** or even **dangerously**. Powerful charisma cannot come to you, until you master this first step.

I'm sure you already have an idea of what the word *charisma* means and an understanding of how a powerful charisma affects people.

And maybe someone has told you, "People don't become charismatic, they are born charismatic." or "Charisma isn't something you can learn."

In some part, I can agree with the first statement. In religious terms, charisma means "God's gift," and it is true that each of us is born with a delightful quality of charisma.

However, as we become adults, charisma gradually diminishes behind imitated, learned, and habituated patterns of behavior.

Many patterns are formed from our home environment as a child, our education and school surroundings and classmates, and our perception of where we belong in the world.

As time goes by, the patterns can become unquestioned and sometimes harmful habits.

Once your patterns, which are by now invisible to you, solidify, they can turn into fears of public speaking and performance, and fears of the stage. Fears of not looking successful, fears of looking funny, or fears of not being convincing, ***block your charisma***.

You are probably very aware of the lucky few with powerful charisma, who for some reason, have been less blocked by negative and oppressive patterns.

**I promise you that charisma can be learned.**

Because my aim is to free you from cliché and charisma-blocking patterns, I encourage you to follow the exercises *without thinking about celebrities or charismatic people that you know*.

**Trust that your own charisma is powerful and unique,  
and your biggest successes will come from  
a *focus on yourself* and not others.**

Let's Practice...



# SEPARATE YOURSELF FROM YOURSELF

## Practice

In order to investigate how charisma is formed,  
I propose that you separate Yourself from *You*.

“Divide and conquer.” -Gaius Julius Cesar.

Let’s use this great quote for our cause, and let’s play a bit.

Let’s take our full name, for example, Michael Brown. Does Charisma belong to Michael Brown? And what belongs to our own name, in general? Let’s try to define what belongs to our name and what doesn’t.

In most of cases, we inherit our name from our parents. We are not born with our name. So, let’s attribute everything that we *learn* to our name. For example, walking, talking, reading, writing, playing instruments, holding a fork in the left hand and a knife in the right hand, studying history, voting in elections, paying taxes, and so on.

However, everything we are *born* with: the color of hair and eyes, body type and size, voice, character, the speed at surroundings are perceived, optimism, pessimism, temperament, and more... let’s assign all of this to *Charisma*.

When you stand in front of a camera, an audience, or when you are in a negotiation, if you can mentally separate Yourself (*what you were born with*) from your Name (*what you have learned*), there is a surprising and immediate result: you become incredibly interesting – so much so that it can be difficult for people to take their eyes off you.

To practice this, here is my favorite, very simple exercise, called “Separate Yourself from Yourself”

For this exercise, you will need:

- smartphone that can take video, or any video camera to record the whole process
- chair
- block of Post-It or Sticky Notes
- pen/pencil
- watch or timer – separate from your phone
- approximately 40-second piece of text that you have memorized

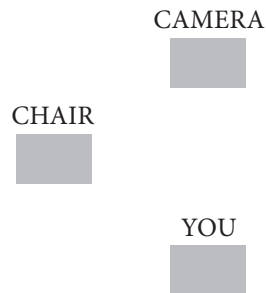
You are going to recite a short piece of text before the camera: a verse or a passage from a song, or a bit of prose, or part of the text for your future performance. What you recite, should be no longer than 40 seconds, and something that you have memorized.



# SEPARATE YOURSELF FROM YOURSELF

## Practice

1. Position the camera to record yourself, standing in front of the camera, about 6 to 9 feet (2 to 3 meters) away.
2. Place a chair on your left, about 3 to 9 feet (1 to 3 meters) to the left of your camera.



Now, the most important thing – imagine that the chair isn't a chair but Your Name. In our example, it's Michael Brown. For a better visual effect, put a sticky note with your name on the chair so that you can see it.

Ready? Perfect! During this exercise, you need to be very attentive. Get your timer ready by setting it for three minutes, but don't start it yet. You will start your timer *after you finish reciting*. You are now ready to start recording video, while you recite your choice of text.

During, after, and even before reciting the text, thoughts will surely come into your head. Simply, every time you get any thought, **stop reciting** (keep the video going), and put a sticker with that thought on the back of the chair. A thought can pop up even on the way to the chair or on the way to the video camera. Just continue placing the sticky notes.

It could be any thought, for example: “What the heck am I doing now?” or “What will the audience think of me?” or you might hear a sound or notice an object, which will then provoke an association and together with it a thought. Write them down, and stick them to the back of the chair, so that you can see the accumulating sticky notes.

When you are *finished* reciting, **start your timer**, and just stand there in silence, without doing anything. You need to stand for three minutes, paying attention to the emptiness, not to thoughts.

This emptiness is precisely YOU. Don't be afraid of emptiness, on the contrary, embrace it.

When you are done with the exercise, after the three minutes of standing in silence, look at the volume of stickers. These are your patterns, how you react in one way or another. **These block you from your charisma.**



# SEPARATE YOURSELF FROM YOURSELF

## Reflect, Share, and Get Feedback

Watch your video recording, and first accept yourself as you are. If you don't like how you read your text, record another video.

After you repeat the exercise a few times, you can start to *mentally* stick thoughts to the chair back. These thoughts simply belong to the chair, to your **Name** – they are not YOU. You stand aside and observe the chair, the thoughts, the process of reciting. YOU are not your Name.

YOU are the one who observes all of this. *Not evaluates*, but **observes**.

The one who *evaluates* is your Name, it is your “Michael Brown.”

**The one who observes is your CHARISMA.**

Try this exercise during walks or while you are taking transport: separate yourself from yourself and mentally stick the stickers to the imaginary chair back.

---

I invite you to share your progress on my Inside Theatre Facebook Page  
<https://www.facebook.com/usovclown>

If you want my personal comments, upload your video to the platform of your choice, and email me a link to your video.

Email [clownusov@gmail.com](mailto:clownusov@gmail.com)

**Subject line: VIDEO COMMENT REQUEST**

**NOTE:** I offer a limited number of reservations for personal, online consultations. After I have viewed one or more of your videos, I may invite you to participate in a 30-minute, one-on-one analysis. They are \$99 for 30 minutes.

*Thank you for participating in Lesson One!*

## LESSON TWO PREVIEW

**B**ecause people do a lot of things simultaneously and unconsciously, they can be perceived by others as unfocused and not to be taken seriously. Lesson Two is dedicated to **TIMING**. I teach you to do things step-by-step and in time. With **TIMING**, your Charisma will begin to shine with new colors: confidence, organization, correctness, and rhythm.



# ONE MOVE AT A TIME

## Preparation

**I promise you that charisma can be learned.**

Because my aim is to free you from cliché and charisma-blocking patterns, I encourage you to follow the exercises *without thinking about celebrities or charismatic people that you know*.

**Trust that your own charisma is powerful and unique,  
and your biggest successes will come from  
a *focus on yourself* and not others.**

**Let's Practice...**

What is so attractive in charismatic people? If we pay close attention to the nature of charisma, we'll discover three principal qualities – TIMING, CHARACTER, and STATE.

**TIMING** is the sense of rhythm, when things happen in time.

**CHARACTER** corresponds to your style, your external form.

**STATE** is what fills your form.

If you compare these three qualities to the structure of a human body, then...

**TIMING** is your *skeleton*,

**CHARACTER** is your *muscles*, and

**STATE** is your *soul*.

Example:

When you have the correct **TIMING**, you are most likely an interesting person. People willingly engage with you, because you do things in time, and you make time for your partners or your company.



# ONE MOVE AT A TIME

## Practice

If you've got it right with CHARACTER, but not with TIMING, then you would be interesting only during a few first minutes of a conversation.

After that you might make a comment or joke or interrupt your company at the wrong time, or you might retreat and be quiet and not be visible at all.

As a result, opinions about you may be formed that you don't want.

If you've got it wrong both with TIMING and CHARACTER, but everything's fine with STATE, then you've got nothing to worry about!

STATE will take care of TIMING and CHARACTER by itself.

Today, I propose to train you in TIMING.

Normally, people do many things at the same time and, thanks to that, they are perceived as distracted and not serious or focused.

Very often, this happens because our emotions become heightened. When you perform for an audience or engage in important negotiations, you will be perceived much more seriously and your words will carry much more weight **if you learn to do everything separately.**

To develop TIMING, we'll work on an exercise that I call

### ONE MOVE AT A TIME

*What you need for this exercise:*

- smartphone – or video camera
- metronome – or a metronome app
- a small desk or table
- a dart and a target (you can be creative with this and use anything for a dart and a target, for example, you can draw a target on a piece of paper and use a tennis ball for a dart.)
- a folder that contains a printout of your text (which you read in the in Lesson One).

If you have not yet done Lesson One, it is a reading about 40 seconds in length that you have memorized for the purpose of performance.



# ONE MOVE AT A TIME

## Practice

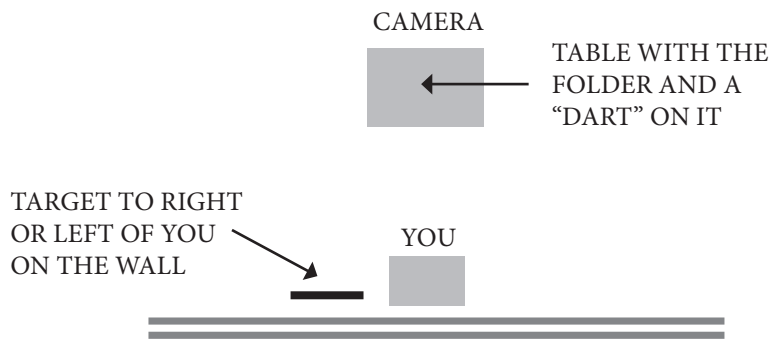
Find a place where you can stand with your back to a wall.

Place the table 6 -10 feet (2 - 3 meters) away from where you will stand.

Place the smartphone or video camera so that it will record you walking toward the table.

Put the folder with text and a dart on the table.

Hang a target to your left or to your right on the wall behind you.



Start the metronome app on your smartphone (or a separate metronome that is next to you). Set it for a moderate speed—not too fast, not too slow.

Start your video recording. Stand with your back to the wall.

Walk up to the table, take the folder with the text, open it, recite your text, close the folder and put it on the table. Take the dart, aim, and throw it at the target.

Stop the video recording. Stop the metronome.

Watch your video recording. What do you notice? What do you notice about your movements?

**The object of this exercise is to gain skill in doing everything *separately* and *in time*, keeping in mind your final aim – the target.**

With repetition and attention, you will learn to do this exercise so effortlessly and naturally, no one will see any connection between your moves.





# ONE MOVE AT A TIME

## Practice again, Reflect, Share, and Get Feedback

**For this exercise to be successful, you must keep your goal in mind –  
to hit the target with the dart.**

It is necessary to keep the aim from the very beginning, from the first step.

Let's try this exercise again.

Start the metronome. Start the video recording. Stand with your back to the wall.

Walk to the table.

Make a pause 1, 2, 3, 4...

With both hands, lift the folder up from the table and keep it at the waistline.

Make a pause 1, 2, 3, 4...

During this and all the other pauses, keep in mind the aim — the target.

Open up the folder, make a pause 1, 2, 3, 4...

Read the whole text, make a pause 1, 2, 3, 4...

Close the folder, make a pause 1, 2, 3, 4...

Put the folder down on the table, make a pause 1, 2, 3, 4...

Take the dart, aim, and shoot at the target, make a pause 1, 2, 3, 4...

Move away from the table. Stop the recording. Stop the metronome.

Do this exercise four (4) times. Two (2) times with the metronome and two (2) times without it.

This Lesson Two builds on the practices of Lesson One.

As soon as any thoughts pop up, remember to stick them mentally to the chair back, exactly as you did in Lesson One.



# ONE MOVE AT A TIME

## Practice again, Reflect, Share, and Get Feedback

In this exercise, it's not important whether you hit the bull's eye of the target or not, but it's crucial to keep your target in mind. Just like in Lesson One, pay attention to the pauses between the actions.

**Pause is a part of your movement.** Our brain forces us to act according to a pattern, constantly working on an inhale, however, *pause is our exhale*.

**Charisma lives on the exhale – in the pause –  
unlike the mind, which lives like a monkey in motion.**

My teacher told me that clowns *get money for a pause*. I asked him about that.

He answered me:

1. It's very simple—when you do “Pause” on the stage, *money goes into your account*.
2. Students make a mistake, when they make two or three movements together.

**Do everything separately.** *Watch your recording.* **When you keep your movements separate and when you do not, it will be clearly visible in your video.**

Work on your mistakes.

---

I invite you to share your progress on my Inside Theatre Facebook Page

<https://www.facebook.com/usovclown>

If you want my personal comments, upload your video to the platform of your choice, and email me a link to your video.

Email [clownusov@gmail.com](mailto:clownusov@gmail.com)

Subject line: VIDEO COMMENT REQUEST

**NOTE:** I offer a limited number of reservations for personal, online consultations. After I have viewed one or more of your videos, I may invite you to participate in a 30-minute, one-on-one analysis. They are \$99 for 30 minutes.

*Thank you for participating in Lesson Two!*

### LESSON THREE PREVIEW

**W**e often want the confirmation of our own significance and correctness. That is why we seek interest from people in our businesses or among our friends. In the next lesson - Lesson Three - you will be introduced to a **method to change your attitude toward an audience, your business associates, employees, colleagues, and anyone whom you would like to influence.**



# PRESENT YOUR PERFORMANCE AS A GIFT

## Preparation

**I promise you that charisma can be learned.**

Because my aim is to free you from cliché and charisma-blocking patterns, I encourage you to follow the exercises *without thinking about celebrities or charismatic people that you know*.

**Trust that your own charisma is powerful and unique,  
and your biggest successes will come from  
a *focus on yourself* and not others.**

**Let's Practice...**

We understand from Lesson One - Separate Yourself from Yourself and Lesson Two - Make One Move at a Time that our charisma is hidden under a thick layer of patterns which have encased us since our childhood.

For example, in childhood, if you did something that other people wouldn't do or that embarrassed others, people would often laugh at you. So you continue through life striving to act like everyone else, so people wouldn't laugh at you.

Patterns form in the same way through upbringing and education. We want to be happy and successful. These two wonderful wishes of ours are, in fact, also *patterns* and their foundation lies in the verb TO GET.

After all, we want *to get* happiness in the future. However, in Russian the word *happiness* (*schastiye*) sounds like the word *now* (*seichas*). And this means that *happiness* is always *now*.

It is also interesting to realize that happiness *cannot be individual*. It's definitely worth noting that when we feel ourselves happy, we have a strong urgency to share our happiness with people surrounding us. As a result, we can make the conclusion that, even though we feel happy individually, happiness doesn't like to be alone—*in one person*.

Happiness wants to spread over everyone. And when we feel *unhappy*, we don't really want to share this state—we don't want to make other people around us unhappy (except if we really don't like someone).



# PRESENT YOUR PERFORMANCE AS A GIFT

## Preparation

**To share your happiness is natural.**

Each one of us experiences different states of happiness every day - for example, on a scale from one to ten. If your state of happiness is only at a level one, then you should share your state, also at a level one. No need to pretend that your happiness is at a level of ten. It will look unnatural right away.

When we are standing on stage, or when we find ourselves in a negotiation, *we want to get something* – applause or contracts.

I discovered that when we share, when we present our happiness to the audience or a partner or a colleague; we have more applause, more contracts, more success.

The secret is to present your act or show to an audience as a *gift*...to make a *gift* of the presentation to your company, make a *gift* of your proposal to your colleague, to make a *present* of your performance at a casting, to make a *present* of an exam to a commission.

**The act of making a gift or a present is a state.**

This does not mean that you make gifts to give someone for free.

It means that *it is not necessary*, and *you do not need* to hear applause and compliments for your performance. **You just want to share your performance—to give it up to the audience.** It is the same as if you presented a birthday gift to a family member or friend, and you are hoping that they will like it.

**The exercise, which you will be doing today, is called “THE GIFT”**

*For this exercise, you will need*

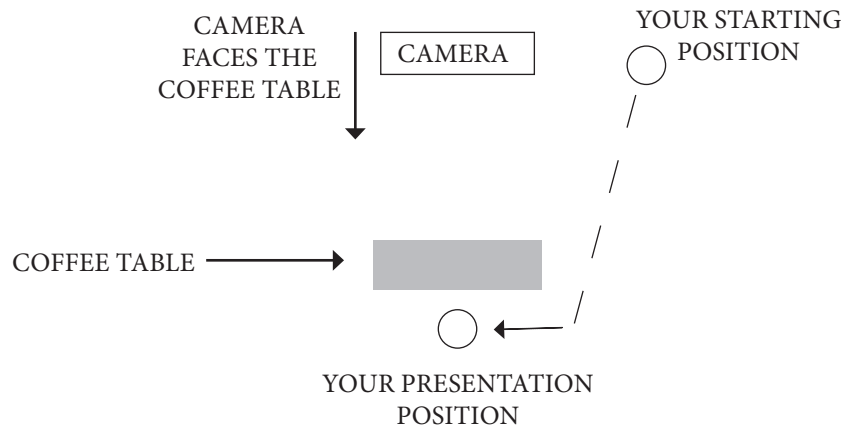
- a video camera or a smartphone
- a gift box
- gift ribbons
- a coffee table
- your text that you have already used in the previous lessons (approximately 40-second piece of text, printed out, that you have memorized )
- have 40 seconds of a song or musical accompaniment ready to play - “Happy Birthday” is an option, or choose another piece of celebration music.



# PRESENT YOUR PERFORMANCE AS A GIFT

## Practice

1. Put the print out of your text into the gift box. Tie the ribbons around the box so it looks like a gift.



2. Place a coffee table where it will have about 6 to 10 feet (2-3 meters) of space in front of it. This will be your place of action. Place the Gift Box on the coffee table.

3. Position your camera across from the coffee table. The camera should be about 6 to 10 feet (2-3 meters) away from the coffee table. Place the device with your music near your starting position.

4. Push “record” on your camera. Go to the coffee table, pick up the Gift Box, and walk to your starting position.

5. Start the 40-second musical selection (on a separate device). The music should play only during your “entrance” from your starting position to the coffee table.

6. Now you enter the “shot.” From your starting position, hold the Gift Box with party ribbons with your arms stretched out as if you were carrying a cake with candles.

7. Walk up to and behind the coffee table, place the Gift Box on the table, untie the ribbons and take out your text. When the music stops, begin reading your text. When you finish your text, stop the recording.

**The most essential thing in this exercise is your *attitude*.**

**Your entrance and text should become your *gift to your audience*.**

**This text is your *happiness* ...so share your happiness with the audience!**

**Don't act anything, *be natural*.**



# PRESENT YOUR PERFORMANCE AS A GIFT

## Practice again, Reflect, Share, and Get Feedback

Try this exercise four times. Two times with music and the Gift Box. And two times without the music and Gift Box.

Be simple and natural...holding the text in one hand, read it as if you were presenting it as a Birthday Gift to someone you love.

Incorporate what you learned from Lesson Two. Try to make all your moves one by one—separately—without forgetting about the whole, *without forgetting about your target*.

Watch your recording. Work on your weaknesses.

---

I invite you to share your progress on my Inside Theatre Facebook Page

<https://www.facebook.com/usovclown>

*If you want my personal comments*, upload your video to the platform of your choice, and email me a link to your video.

Email [clownusov@gmail.com](mailto:clownusov@gmail.com)

**Subject line: VIDEO COMMENT REQUEST**

**NOTE:** I offer a limited number of reservations for personal, online consultations. After I have viewed one or more of your videos, I may invite you to participate in a 30-minute, one-on-one analysis. They are \$99 for 30 minutes.

*Thank you for participating in Lesson Three!*

## LESSON FOUR PREVIEW

**I**t's time to look at the world with fresh, not-saturated-with-patterns eyes. It's time to become uncontaminated by patterns. Our world perceptions are overgrown with patterns, which don't let your individual charisma emerge.

**In the next lesson - Lesson Four - you will be introduced to an exercise in which you will try to become the first man on the planet Earth – Adam.**



# ADAM - NAME YOUR OBJECTS AND EVENTS

## Preparation

**I promise you that charisma can be learned.**

Because my aim is to free you from cliché and charisma-blocking patterns, I encourage you to follow the exercises *without thinking about celebrities or charismatic people that you know*.

**Trust that your own charisma is powerful and unique,  
and your biggest successes will come from  
a *focus on yourself* and not others.**

### Let's Practice...

Unfortunately, we perceive the world through habitual patterns. These patterns open the door to fears and hide us from ourselves, and from our *charisma* as well—hide us from our individual *charisma* given to us at birth.

It would be interesting to observe a person who lives *without patterns at all*. Probably, Adam, the first man, was such a person—the first man on the planet Earth. It would be curious to examine his reactions. After all, Adam doesn't know anything. For example, his brain doesn't know yet that water is water and the Earth is the Earth, or that sky is sky.

And even more than this, Adam doesn't know at all that *he is Adam*. He doesn't know that hands are hands, what good and bad mean. Adam isn't chasing his own or somebody else's success.

Now, here is a little story: Adam basically doesn't know anything. However, he has a connection with God. God asks Adam to give names to animals and birds. And Adam didn't ask anybody anything, didn't google it—he just invented a name for each animal and bird. Meanwhile, God watches it all and doesn't intervene.

This is the state of Creation... with full freedom of choice and original *charisma*.

The aim of all your Ten Lessons and exercises is to get rid of as many patterns as possible and get closer to your natural state. We've all fallen in love with so many products and programs over the years, that now, I propose that you fall in love with your natural state, free from patterns, and clichés of perception.

For this reason, I've prepared Lesson Four for you, which is called ADAM.



# ADAM - NAME YOUR OBJECTS AND EVENTS

## Preparation

**The exercise, which you will be doing today, is called “ADAM”**

*For this exercise, you will need*

- a video camera or a smartphone
- a notebook
- pencil

Picture yourself as ADAM, the first man on the planet Earth. In this state, you know nothing. You don't even know a language. You can only utter primitive sounds, like a one-year old baby.

You'll have to invent your own language based upon those sounds. Look around your room. Name yourself and the surrounding objects *with your own sounds*.

Write down all your invented sounds so you don't forget. Invent a little story and tell it using your own sounds—your new language. When you're ready, tell your story, in your own language, on camera.

*The story isn't important for this exercise.* What's important is *your state of Adam*. Don't imitate children, how children would do this, or how other actors would play children.

**Now, let's take the exercise to the next level.**

You'll use four different states: **Surprise, Fright, Sadness, and Joy**. You'll tell your story four more times in your new Adam language and record each one.

In the first version of your story, you will get *surprised*. In the next version, you will get *frightened*. In the third, you will get *sad*, and in the fourth, you will get *joyful*.

Watch each of your video recordings—and watching them will probably make you uncomfortable.

**Your task is to accept yourself as you are.**

**Work on loving yourself in your video recordings.**

Repeat telling your stories four times and watch your additional video recordings.





# ADAM - NAME YOUR OBJECTS AND EVENTS

## Practice again, Reflect, Share, and Get Feedback

**Now, you'll take the exercise to another level.**

I recommend that you do this exercise *without using video camera or a smart phone* in the shower, when you are alone by yourself and, just like Adam, without clothes.

---

I invite you to share your progress on my Inside Theatre Facebook Page

<https://www.facebook.com/usovclown>

If you want my personal comments, upload your videos to the platform of your choice, and email me a link to your video.

Email [clownusov@gmail.com](mailto:clownusov@gmail.com)

**Subject line: VIDEO COMMENT REQUEST**

**NOTE:** I offer a limited number of reservations for personal, online consultations. After I have viewed one or more of your videos, I may invite you to participate in a 30-minute, one-on-one analysis. My personal comments on your videos are always free of charge. If I invite you to a one-on-one consultation, they are \$99 for 30 minutes.

*Thank you for participating in Lesson Four!*

### LESSON FIVE PREVIEW

**I**n LESSON FIVE, it's time go a little further and look at CHARACTER and your IMAGE, and time to give your CHARACTER and your IMAGE *more passion*.



# CREATE THE CENTER OF GRAVITY - THE FOCAL POINT

## Preparation

**I promise you that charisma can be learned.**

Because my aim is to free you from cliché and charisma-blocking patterns, I encourage you to follow the exercises *without thinking about celebrities or charismatic people that you know.*

**Trust that your own charisma is powerful and unique,  
and your biggest successes will come from  
a *focus on yourself* and not others.**

Let's Practice...

Congratulations! You've accomplished a lot of work. In the previous lessons, you set yourself free from patterns of world perceptions and advanced four steps towards your charisma, *which lies beyond cliché.*

**You trained your *timing*, your *psychological skeleton*.**

Now comes the time for your muscles. Let's become aware of ourselves, let's work on our CHARACTER. In order to be more relaxed, to feel more comfortable, free, *passionate*, and to get to know yourself, let's play...fool around a bit. *Let's become children for a bit.*

I don't mean to *play* children— but to *become* a child.

I call it a warm-up. To do this we will need to:

1. Change our shape and texture, to become **round**,  
**triangular**,  
and then  
**square.**
2. At the same time you have to become either **soft**  
or **hard** depending on your figure.
3. And your voice needs to be **bass**, **falsetto**, or **soprano.**

Are you ready?



# CREATE THE CENTER OF GRAVITY - THE FOCAL POINT

## Warm-up

*For this warm-up, you will need*

- a video camera or a smartphone

Set up the video camera or smart phone so that it will capture a general view of your room.

Turn on the camera and walk around the room for two minutes trying to walk with a bit of a **square quality**, then two minutes with a **triangular quality** and then another two minutes with a **round quality**. Feel what is better for you.

When you walk with the quality of each *figure*, produce some sounds, for example: “Mee-Mah-Moh” in the beginning, in a **bass**, then in **falsetto** and finally in **soprano**. Nobody sees you, so don't be shy and fool around to the fullest!

This warm-up will help you in many areas of your life, depending on the situation. For example, with your employees, you can decide to stay a bit **square** or **triangular** in your moves/gestures and in making decisions. However, in your free time with colleagues, you can try out being a bit more **round** and *casual*.

Now the time has come for the real exercise. This exercise will help you to:

1. stay true to yourself
2. be precise and convincing during negotiations, photo and video sessions
3. be precise and convincing when you stand on stage in front of an audience.

There are four CENTERS OF GRAVITY

Intellect    Emotion    Movement    Instinct

Each of these centers lives in different parts of our body.

For example, our Intellect lives in the *head*, and in this case, even your walk will take impulses from the head.

Emotions dwell at the level of *solar plexus*.

The center of gravity dedicated to Movement will take impulse from *legs*.

And Instinct comes from the *tailbone area* or *coccyx*.

In this next exercise for Lesson Five, you will practice feeling and expressing through these different centers of gravity.



# CREATE THE CENTER OF GRAVITY - THE FOCAL POINT

## Practice

*For this exercise, you will need*

- a video camera or a smartphone
- your text that you have already used in previous lessons (approximately 40-second piece of text, printed out, that you have memorized )

As your smartphone was already set up during the warm-up, we can begin right away.

You will need to recite your text eight (8) times. Four (4) times standing still and another four (4) times in movement. You will be recording yourself reciting in each of the Centers of Gravity.

Turn on the video camera and place yourself approximately 7-8 feet away. For the first four recordings, you will recite your text *standing in one spot* facing the camera.

While you are reciting your text, try to look directly into the camera from time to time. The camera is your **audience**.

1. Recording #1: Standing still, begin with the level of INSTINCT. Let your voice come from the tailbone area. Talk with your tailbone. Don't look at your audience with your eyes, but *with your eyes—through your INSTINCT*.
2. Recording #2: Standing still, your voice will come from the MOVING center. You will keep the center of gravity in the legs. Talk from your legs. To be even more precise - from your calves. Don't look at your audience with your eyes, but *with your eyes through MOVEMENT*.
3. Recording #3: Standing still, your voice will come from the level of EMOTIONS. Your voice will come from the solar plexus. Don't look at your audience with your eyes, but *with your eyes through your EMOTION*.
4. Recording #4: Standing still, your voice will come from your head - or more precisely, from the back of your head. This is from the level of INTELLECT. Don't look at your audience with your eyes, but *with your eyes through INTELLECT*.



# CREATE THE CENTER OF GRAVITY - THE FOCAL POINT

## Practice

Listen to your voice and keep the objective of talking and looking from the tailbone area. Remember to look at your audience *with your eyes through your INSTINCT, MOVING, EMOTION, INTELLECT.*

Remember to bring in your skills from previous exercises: separate yourself from your name—mentally send your name into the audience.

5. Recording #5: Move! Jump, walk, do anything dynamic while you recite your text — with the level of INSTINCT.
6. Recording #6: Move! Jump, walk, do anything dynamic while you recite your text — from the MOVING center.
7. Recording #7: Move! Jump, walk, do anything dynamic while you recite your text — from the solar plexus—with the level of EMOTION.
8. Recording #8: Move! Jump, walk, do anything dynamic while you recite your text — with the level of INSTINCT.

Watch your warm-up and watch your exercise recordings.

Make notes about the differences in your presentations.

What do you notice about performing as *round, triangular, and square*?

Note what is different in your performances between INTELLECT and INSTINCT, between EMOTION and INSTINCT, and between the other centers of gravity.



# CREATE THE CENTER OF GRAVITY - THE FOCAL POINT

## Reflect, Share, and Get Feedback

I invite you to share your progress on my Inside Theatre Facebook Page  
<https://www.facebook.com/usovclown>

If you want my personal comments, upload your videos to the platform of your choice, and email me a link to your video.

Email [clownusov@gmail.com](mailto:clownusov@gmail.com)

Subject line: VIDEO COMMENT REQUEST

**NOTE:** I offer a limited number of reservations for personal, online consultations. After I have viewed one or more of your videos, I may invite you to participate in a 30-minute, one-on-one analysis. My personal comments on your videos are always free of charge. If I invite you to a one-on-one consultation, they are \$99 for 30 minutes.

---

*Thank you for participating in Lesson Five!*

### LESSON SIX PREVIEW

**I**n LESSON SIX, we will work on your WARDROBE. Therefore, please prepare as many clothes as you can for Lesson Six. **Your clothes should be of completely different styles - from casual to street.**



# YOUR STYLE AND MANNER OF DELIVERY

## Preparation

**I promise you that charisma can be learned.**

Because my aim is to free you from cliché and charisma-blocking patterns, I encourage you to follow the exercises *without thinking about celebrities or charismatic people that you know.*

**Trust that your own charisma is powerful and unique,  
and your biggest successes will come from  
a *focus on yourself* and not others.**

**Let's Prepare...**

In the previous Lesson Five, we found out about Character and about the four Centers of Gravity. In Lesson Six, we'll experiment with the effects of wardrobe, and we'll investigate different STYLES.

We now understand about patterns and the patterns that we get stuck in. If you think about it, all the styles and fashion trends are also repetitive and clichés. But, we still need to follow fashion. So, the method is to add highly personal elements to a standard fashion trend or style.

To build confidence and in order for your audiences to perceive your performance and your persona as serious, let's talk about wardrobe.

You will put together outfits reflective of six elemental STYLES:

**Classic  
Sportive  
Romantic  
Ethnic  
Retro  
Casual**

You will accent your STYLES with a small, and at first sight, *unnoticeable detail*, a personal, emotional faint note from one of the four *emotional relationships* (connected to the four seasons):

**Winter  
Spring  
Summer  
Autumn**



# YOUR STYLE AND MANNER OF DELIVERY

## Practice

For each event, occasion, or act... you will choose the most suitable STYLE.

To the STYLE you choose, you will add a small, and at first sight, *unnoticeable detail*, a personal, emotional faint note that corresponds to one of the emotional relationships (a season of the year).

### **The exercise, which you will be doing today, is called “RECITING IN DIFFERENT MANNERS”**

*For this exercise, you will need*

- a video camera or a smartphone
- your text that you have already used in previous lessons (approximately 40-second piece of text, printed out, that you have memorized)
- your outfits, with a selection according to the six STYLES from page 2, which you have prepared for this lesson
- a playback with the composition “Four Seasons” by Vivaldi

You will change clothes in turns, rotating through each of the six STYLES listed on page 2.

I recommend that you start off with the **Classic** style.

Add a small, hardly noticeable detail to your costume according to the season of the year. Possibilities are a brooch, pin, handkerchief, etc.

But take time to find your own detail, *don't trust the first idea that comes to your head.*

**Let's begin...**

Set up your camera, opposite where you will stand, so that your whole body will show up in the recording.

For the atmosphere, turn on the playback with the composition “Four Seasons” by Vivaldi. Play the “season” that matches the detail you chose for your costume.

*Ready?*





# YOUR STYLE AND MANNER OF DELIVERY

## Practice

Turn on your video camera or smartphone.

Stand in front of the camera a few steps away, so that your whole body will be visible in the shot.

When you are ready, begin to recite your text **from a definite season of the year**.

If you choose *Winter*, imagine yourself in the *atmosphere*. Imagine snow, blizzard conditions around you. If it's Spring - birds chirping, freshness. If it's Autumn - rain around you. If it's Summer - burning sun, scorching heat. Recite using this atmosphere.

Try to gesture with your hands. Add the gesticulation of hands only for the emphasis of your text.

Do this exercise with ***all the four seasons*** and possibly with ***all the six STYLES***.

Watch your video recording. **Analyze which STYLE suits you best of all.**

---

I invite you to share your progress on my Inside Theatre Facebook Page

<https://www.facebook.com/usovclown>

**If you want my personal comments**, upload your videos to the platform of your choice, and email me a link to your video.

Email [clownusov@gmail.com](mailto:clownusov@gmail.com)

**Subject line: VIDEO COMMENT REQUEST**

**NOTE:** I offer a limited number of reservations for personal, online consultations. After I have viewed one or more of your videos, I may invite you to participate in a 30-minute, one-on-one analysis. My personal comments on your videos are always free of charge. If I invite you to a one-on-one consultation, they are \$99 for 30 minutes.

*Thank you for participating in Lesson Six!*

## LESSON SEVEN PREVIEW

In LESSON SEVEN, it's time to take a stroll. We will walk out into the streets of our neighborhoods, towns, or cities.



# ADD THE ELEMENT OF WEIRDNESS

## Preparation

**I promise you that charisma can be learned.**

Because my aim is to free you from cliché and charisma-blocking patterns, I encourage you to follow the exercises *without thinking about celebrities or charismatic people that you know.*

**Trust that your own charisma is powerful and unique,  
and your biggest successes will come from  
a *focus on yourself* and not others.**

Let's Prepare...

**CHARISMA is the performer's magic *that emerges from deep inside.***

There is no question that you can become more charismatic, that you can enhance this quality in yourself, and that you can attract the love and respect of people who surround you.

We already know that we're all born with charisma. All we need is the guidance to free Ourselves from the patterns of our world, to free Ourselves from habitual perceptions, and to free Ourselves from our *ourselves.*

It doesn't matter what your appearance is like or how old you are.  
It matters to stay true to yourself.

It matters to not structure your performance and character  
according to a commonplace pattern.

**Where there is a *pattern*, there is no *charisma.***

We all are so different that as soon as we find a difference in us, we perceive it as WEIRDNESS. **We are afraid to look weird.** And we suppress these "different" manifestations in ourselves.

To be like everybody is what we call *humbleness.* But CHARISMA is a *leader's quality,* and being a leader means *not being like everybody else.* It means to lead others. And even when you are not leading others, being yourself is what it means to be *unique.*

The CHARACTER, which you are intending to develop, will be most powerful if it contains a small percentage of WEIRDNESS, because weirdness is an essential element of your CHARISMA.



# ADD THE ELEMENT OF WEIRDNESS

## Practice

**Don't be afraid to be funny or weird,  
because WEIRD will separate you from everyone else.**

**In this way, people will remember you.**

If you are going to be afraid of something, be afraid of being correct. For conquering your fear of being funny or weird or your fear of people's opinions about you—you've got this lesson—Lesson Seven.

**The exercise that you will be doing today (which includes three exercises), is called  
“ADD THE ELEMENT OF WEIRDNESS”**

*For this exercise, you will need*

- a video camera or a smartphone (you will not need to record every exercise this time)
- white stickers
- white pieces of paper - any size (I use pieces about 3” x 4” or 7cm x 10cm)

In this exercise, you will conquer stage fright and doubt as well as become more aware of yourself and your limits. I propose that we play around a bit and take our exercise out onto a busy street.

**Let's begin...**

### **EXERCISE ONE — STOP**

This exercise will help you understand that a PAUSE is also a part of MOVEMENT. It will help you break your routine and penetrate deep inside yourself, without regard to external circumstances.

Dress up, just like in Lesson Six, in a definite STYLE that makes you feel comfortable.

Time to visit a very busy street in your neighborhood, town, or city.

Choose a place on this street, where most of the people are walking in one direction or the other.



# ADD THE ELEMENT OF WEIRDNESS

## Practice

You will STOP and not move for five minutes.

Listen to the sounds of the city, catch the sounds of steps passing by you, back and forth.

Stop your thoughts. Make it a short meditation in the busiest place.

Mentally, just like in Lesson One, stick your thought-stickers to an imaginary chair that is corresponding to your name.

After three minutes have passed, in this total inner silence, in this emptiness, in spite of the multitudes of people passing to and fro, lift your right foot off the ground 1” or 2cm-3cm, so that nobody can see it.

Now, with your foot lifted slightly off the ground, recite your text mentally (the text you have memorized for previous lessons).

### EXERCISE TWO — ANIMATION

Exercise Two will help you gain more confidence, engage more easily with people, and take advantage of new connections and opportunities. It will also train your interactive skills for direct contact situations with your audience.

For this exercise, you will use your white pieces of paper. Visit your busy street and start giving these papers to people. If somebody asks you what you are promoting, tell them you are promoting emptiness. Try to casually exchange a few sentences with people. If you have the opportunity, strike up a conversation.

### EXERCISE THREE — SHADOW

Exercise Three will help you hold to your aim—which only you know—*under any circumstances*. Visit your busy street. Imagine you are in a city of *shadows*. Pay attention only to the shadows. Get your camera or smartphone ready to record a video.

Start walking, paying attention to the shadows, especially to yours. Start recording video of only your shadow and its interaction with other shadows. You’ll see how other shadows step on yours, how your shadow is being run over by a car’s shadow, etc. This exercise can go on for about 10-20 minutes. As a result of this exercise, you will enter the state of a CHILD.



## ADD THE ELEMENT OF WEIRDNESS

### Reflect, Share, and Get Feedback

Step-by-step, you are approaching the “The State of Invisible Clown”.

With years of experience working with charisma on stage, I can tell you that the State of Invisible Clown is the magnetic and irresistible state of CHARISMA itself.

---

I invite you to share your progress on my Inside Theatre Facebook Page

<https://www.facebook.com/usovclown>

**If you want my personal comments**, upload your videos to the platform of your choice, and email me a link to your video.

Email [clownusov@gmail.com](mailto:clownusov@gmail.com)

**Subject line: VIDEO COMMENT REQUEST**

**NOTE:** I offer a limited number of reservations for personal, online consultations. After I have viewed one or more of your videos, I may invite you to participate in a 30-minute, one-on-one analysis. ***My personal comments on your videos are always free of charge.*** If I invite you to a one-on-one consultation, they are \$99 for 30 minutes.

*Thank you for participating in Lesson Seven!*

### LESSON EIGHT PREVIEW

One of the rules for calling forth the State of Invisible Clown in yourself, your partners, as well as in your audience, is a correctly set ATMOSPHERE around you and your ACTIONS.

In the next lesson, Lesson Eight, we'll work on ATMOSPHERE and ACTIONS.



# CREATE STATE AND ATMOSPHERE

## Preparation

**I promise you that charisma can be learned.**

Because my aim is to free you from cliché and charisma-blocking patterns, I encourage you to follow the exercises *without thinking about celebrities or charismatic people that you know.*

**Trust that your own charisma is powerful and unique,  
and your biggest successes will come from  
a *focus on yourself* and not others.**

Let's Prepare...

**Lessons Eight, Nine, and Ten are dedicated to the “State of Invisible Clown.”**

This state isn't possible to see with our eyes or hear with the help of our ears. This state isn't possible to feel with simple emotions. That is why I call it INVISIBLE. Because I am a professional clown, I have added the word CLOWN, and that's how it turned out to be INVISIBLE CLOWN.

By using this state, we can truly perform with full power on stage or online. *This state even brings order, security, and common sense into ordinary life.*

Without the state of Invisible Clown, life can be full of fear and chaos. In Lessons One through Seven, we attempted to get back our original state of *charisma* by means of the right Timing and Character, and by eliminating our Patterns.

**Timing and Character are our performing *techniques*.**

**The state of INVISIBLE CLOWN relates to our *consciousness*.**

The state of Invisible Clown is nearly always an *intended action*. It's the state that loves beauty and special atmospheres, which brings with it a well-chosen place of action, lights, colors, design, style, and more. These elements are especially important to set for public performances.

In order to be a strongly charismatic person, it is necessary to experience the state of INVISIBLE CLOWN. In order to experience this state, you need to dive into the present moment and literally  *dwell there*. When you are solidly in the present moment, you can help your partners and spectators also be in the present moment.



# CREATE STATE AND ATMOSPHERE

## Practice

When you help your partners and audience dwell in the present moment, you are inviting them to join you in the state of INVISIBLE CLOWN.

**A precisely created atmosphere helps you and your audience  
dive into the present moment and dwell there.**

The great German writer Goethe, when receiving visitors at his house in Weimer, intentionally changed the atmosphere of the house to suit particular guests. Goethe would direct that the walls be painted in a new color, the interior of his home be changed, the paintings moved, and even the menu for dinner altered for particular guests.

For me, Goethe's practice is a wonderful example of how we can be more creative and conscious about our lives. To be more active, to go beyond a pattern, to change yourself and your surroundings for the better and in this case, to *change an atmosphere* according to our friends, to a business meeting, to a particular audience, in order to experience together the wonderful, conscious state of INVISIBLE CLOWN.

*For this exercise, you will need*

- a video camera or a smartphone (you will not need to record every exercise this time)
- white stickers
- white pieces of paper - any size (I use pieces about 3" x 4" or 7cm x 10cm)

For this exercise, you will need to create a little scenery around you. If you are in your house or your apartment, create an atmosphere around a bookshelf or fireplace. Place a small tree or plant in a pot to the right or to the left, place a carpet on the floor, perhaps add a coffee table.

Fantasize, create your own design of the room, an atmosphere that would reflect positivity and would produce an attraction towards you. Don't forget about the pictures on the wall. In addition, you will need your wardrobe, which we already used in Lesson Six, a video camera or smartphone, and your wonderful memorized text.



# CREATE STATE AND ATMOSPHERE

## Practice

Set the video camera or smartphone, so that your audience can see the whole atmosphere of your room, if possible.

Don't hurry to start reciting your text. Move away from your set atmosphere - at least three to four steps away. Look at it from the outside for about two minutes.

### **Stop your thoughts completely.**

Now, imagine yourself standing inside this atmosphere and reading your text. Have you done it yet? Return to your initial position - on your stage. Feel that you are an essential component of this atmosphere that you have created.

It's as if a painting, a fireplace or a potted plant, in spite of it all being a set behind your back or on your sides, *is actually your hand or your leg—a part of your body.*

Experience your entire decoration and set as if it is **alive**, as if the scenery has a tongue, has eyes, and it can speak and see. If you do this without hurry, stopping your thoughts, you will, without fail, get into the state of INVISIBLE CLOWN.

Now, recite your memorized text in this new atmosphere to you and in this magic state. When reciting the text, don't forget about yourself, be aware of yourself. Listen to your voice for that. Film yourself on camera.

Watch your recording and analyze your performance. There should be harmony in everything, from scenery to your manner of reciting. Perhaps your voice should be lower or maybe louder. Maybe your performance, in the sense of rhythm, should be slower or a bit swifter.

Remember to make all your movements separately and consciously. Also, remember your practice developed in Lesson One — stick your thoughts mentally to a chair or to your name, separating you from yourself.

But when you really enter the state of Invisible Clown, you won't need to preoccupy yourself with everything mentioned above—just let it be.





# CREATE STATE AND ATMOSPHERE

## Reflect, Share, and Get Feedback

I invite you to share your progress on my Inside Theatre Facebook Page  
<https://www.facebook.com/usovclown>

**If you want my personal comments**, upload your videos to the platform of your choice, and email me a link to your video.

Email [clownusov@gmail.com](mailto:clownusov@gmail.com)

**Subject line: VIDEO COMMENT REQUEST**

**NOTE:** I also offer a limited number of reservations for personal, online consultations. After I have viewed one or more of your videos, I may invite you to participate in a 30-minute, one-on-one analysis. ***My personal comments on your videos are always free of charge.*** If I invite you to a one-on-one consultation, they are \$99 for 30 minutes.

*Thank you for participating in Lesson Eight!*

### LESSON NINE PREVIEW

In the next lesson, Lesson Nine, I will send you on a real business trip. You would need to spend a bit of money. Prepare a small suitcase with things enough for three days.

In Lesson Nine, we'll work on **STIMULATING YOUR AUDIENCE**.



# STIMULATE YOUR AUDIENCE

## Preparation

**I promise you that charisma can be learned.**

Because my aim is to free you from cliché and charisma-blocking patterns, I encourage you to follow the exercises *without thinking about celebrities or charismatic people that you know.*

**Trust that your own charisma is powerful and unique,  
and your biggest successes will come from  
a *focus on yourself* and not others.**

Let's Prepare...

**CHARISMA is the performer's magic *that emerges from deep inside.***

Lessons Nine and Ten are the two most difficult lessons. These are difficult for me as well, because in order to write about the state of Invisible Clown, I need to be experiencing it myself.

This means that to share this state with other people, you need to have it yourself first. That's why, just like bees who fly out into the world to bring the pollen to their hive, we will fly off in the search of the state of Invisible Clown.

When you've got a lot of experience feeling this state, you won't need to go to a particular place. You'll be able to get into the state of Invisible Clown at your will, anywhere, anytime.

However, in order to understand what state I am talking about, I suggest that you visit the most breathtaking place near where you are, because this state responds to beauty. The memory of this place will help you call forth the state of Invisible Clown in yourself and in your audience.

*For this exercise, you may need to spend a little money.*

For example, I might advise you to find a way to travel to the Grand Canyon in Arizona. The canyon is 6000 feet deep (1829 meters), 277 miles long (446 km), and 4 to 18 miles wide (6 to 29 km). You park your car. You walk up to the edge.

**Now you do not need me anymore.**

**Just observe and listen.**



# STIMULATE YOUR AUDIENCE

## Practice

**Feel your connection with this enormous scale.**

*This is the state of Invisible Clown.*

Drive away all thoughts, even the most sublime ones. Your task is to stay in this state as long as you can. Keep driving away the thoughts, just be as you are.

Without fail, you will have thoughts about being tired, or you will start planning your dinner. Or you will think about your next trip, or your attention will be captured by a beautiful woman or man. Try to dismiss all these and other thoughts for at least ten minutes. Then you will experience the state of Invisible Clown, which is so hard to explain with words.

It is like a dish that even the most famous cook would not be able to prepare for you—*because this dish can only be cooked by yourself*. I can lead you on the way to this state, but only you can experience it.

The good news is, you can do this exercise without traveling to the Grand Canyon or another natural wonder.

**Let's begin...**

Find the most beautiful place in your area. And if there is no such place, find the best gourmet food or chocolate shop in town. Buy the best item in this shop, and ask that it be packed beautifully for you.

Find the best coffee place in your area where they make the best coffee or brew the best tea. Here it is important not to save money. If you know that this coffee is expensive, but it's the best, then let it be so. A visit to a great coffee shop is less expensive than a trip to the Grand Canyon in Arizona!

Find the best table in the best place in this café, *and if outside seating or take-out is all that is available*, wait until the perfect place outside is open. Order a small cup of coffee or tea. Now, open your chocolate or your treat, and let the tastes penetrate you.

But don't get lost in the taste.

You are the one who *observes the taste*.



# STIMULATE YOUR AUDIENCE

## Practice

Observe the tastes, keeping your thoughts away.  
Without hurry, consciously enjoy your state of Invisible Clown.  
The moment this state emerges, don't rush to drive *it* away.  
Drive thoughts away.

*“To be or not to be, that is the question.”*

This great expression by Shakespeare works perfectly here. When you ARE, and you know that you ARE — this is the greatest *happiness*.

When you are not here, when you are under the veil of imagination, or continuous, out of control thoughts, then even the most beautiful place and the most delicious chocolate will not have any meaning, because you are NOT, and a NO equals a NO.

When you need to step onto the stage, perform or teach online, or enter into a negotiation, remind yourself about your experience. Keep the thoughts away, listen to your voice.

Then, when you start experiencing the state of Invisible Clown by yourself, you will be able to share this magical state with other people.

You do not need to do anything special to share it with others.

It is enough for you to just *be* in this state.

*Thank you for participating in Lesson Nine!*

## LESSON TEN PREVIEW

To be successful in life or on stage, you do not want to disperse or waste your energy. You need to concentrate all your energy in one place. In the next lesson, Lesson Ten, you will learn how to become a *point*.

In the next lesson, Lesson Ten, you will BECOME THE DOT.



# BECOME THE DOT

## Preparation

**I promise you that charisma can be learned.**

Because my aim is to free you from cliché and charisma-blocking patterns, I encourage you to follow the exercises *without thinking about celebrities or charismatic people that you know.*

**Trust that your own charisma is powerful and unique,  
and your biggest successes will come from  
a *focus on yourself* and not others.**

Let's Prepare...

**CHARISMA is the performer's magic *that emerges from deep inside.***

I mentioned in the previous lesson that Lessons Nine and Ten are the two most difficult lessons. You have done a huge job, and you have arrived at Lesson Ten, *Become the Dot.*

Here's the story of how I was forced to create *Become the Dot.*

A long time ago I regularly performed in small venues for about 180 spectators. One day, I was offered a long-term contract with an audience of 5000 people. The thought of a big audience caused me a great deal of discomfort.

I had to work much wider and take up much more of the stage. I wanted the people in the back rows to see me. However, because of the wider movement, the organic immediacy—*the presence*—of my show disappeared. The audience started to react less and less to my numbers and then, the laughs ceased.

During this excruciating time of self-exploration, and while onstage, I suddenly found myself experiencing the *state of Invisible Clown.* Unexpectedly and without any thought, instead of being big and taking up much of the stage...

**I became a small dot.**

All the energy circulating around me and in me suddenly concentrated in a small dot at the base of my spine. A character emerged, and the audience began to laugh. Because of this experience, I had an observation and I made a conclusion:



# BECOME THE DOT

## Practice

**One a big stage, you must become a dot.**

This practice of becoming a dot has helped me many times. One of my partners was very active. Because of his constant movements, the entire attention of an audience was always fixed on him.

For several months I didn't know what to do. Until I heard this quote:

**The lesser you are, the more you are.**

It was necessary to completely stop all movement and become incredibly small inside - smaller than a single cell. To become a dot. *A static dot.*

And the whole situation turned completely around. Now the audience looked at me. I became the protagonist and my partner - the *raisonneur* - or person who reacts to or explains the creator's message. In other words, my partner became the "second."

**Let's begin...**

*For this exercise, you will need*

- a person who can give you feedback (in-person or online)
- a video camera or a smartphone
- your text that you have already used in previous lessons (approximately 40-second piece of text, printed out, that you have memorized)
- everything that you have collected from your nine previous lessons
  - your state (of Invisible Clown)
  - your chosen style of clothing
  - your atmosphere

In this exercise, you will make a small performance with your memorized text in front of a person who is willing to give you feedback. As soon you perform in front of your "audience," whom you trust, your weaknesses and strengths will come to the surface.

Overcoming our weaknesses, we become stronger. If your feedback person is in another location, you can make an online conference with them. I advise you to choose someone who is not a family member or very close friend for the feedback. You may have deep feelings and certain attitudes towards each other, which could be a hindrance.



# BECOME THE DOT

## Practice

### The Exercise

Set the camera so that you are fully visible in the scene. It's not necessary to film your feedback person.

Before you start the camera and start to recite your text, you will remove your ego from the performance.

**Try to become smaller.**

Separate yourself from your name.

Concentrate all your energy in a small dot at the base of your spine.

*Become* the small dot.

From this small, unnoticeable dot, pronounce the first sentence of your text.

**Hear your voice.**

Hear the silence, hear the mild air movements.

This person, who hears their own voice, the air around them, the sounds inside the room and also outside the room, is surely in the state of Invisible Clown.

**Let it emerge.**

Wait until the state of Invisible Clown emerges, before you start to record. After you start recording, begin to recite your text.

This *state* is your SECRET, it's your *starting point*.

*Starting point* is what it means to become a dot. Your friend doesn't have to know about this state. This state shouldn't be visible. And, if it starts to become visible, it means that it isn't the state of Invisible Clown, but an imitation.

Your friend is there to create the environment of an audience. Things will happen when you have an audience, even just one person, that would not happen performing by yourself. Your audience of one will only give support - no criticism. They are there to observe and allow you to experience the energy of someone watching you.



# BECOME THE DOT

## Reflect, Share, and Get Feedback

It's time to enjoy the fruits of your work with yourself. You don't need me any more. Now it is your own experience. Start like Adam, like the first man on the planet Earth, from scratch.

Do what *you* think is necessary.

Page 6 of this lesson will be empty. Page 6 is your entrance, without patterns, to make your own life. Every day you're confronted with the choice to live according to a pattern or not. And if you discover that you are following a pattern again, then it's better to erase the page and start again with a clean sheet of paper—a new Page 6.

---

I invite you to share your progress on my Inside Theatre Facebook Page

<https://www.facebook.com/usovclown>

**If you want my personal comments**, upload a video of your thoughts or observations on the platform of your choice, and email me a link to your video.

Email [clownusov@gmail.com](mailto:clownusov@gmail.com)

**Subject line: VIDEO COMMENT REQUEST**

**NOTE:** My video comments are always without charge. I offer a limited number of reservations for longer, personal online consultations. Also, after I have viewed one or more of your videos, I may invite you to participate in a 30-minute, one-on-one analysis. ***Once again, my personal comments on your videos are always free of charge.*** If I invite you to a one-on-one more extended consultation, they are \$99 for 30 minutes.

*Thank you for completing all the Lessons!*