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## **How To Conquer Nerves and Smash a Performance.**

*The Secret Source for Magicians*

**Advice For Nervous Magicians From A Working Professional.**

**Including a supporting resource page**

<http://www.magicianscorner.co.uk/nerves/>



Have nerves ever caused you to suffer from the following:

- Shaking hands
- Dry mouth
- Forgetting your words
- Messing up a trick.
- Stress before performance
- Sweaty palms

If you suffer with the dreaded hand shake or the dry mouth syndrome, then you're not alone, every magician I have ever spoken to seems to go through this phase, and it is a faze. No matter what level they find themselves at today, they have all been there at some point in their magical journey; it's a part becoming a performer.

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- **Magicians Anxiety (Stage Fright)**

Not many people have the balls to perform, so if you're reading this then you have come to the right place. I have been performing professionally for over 10 years and have performed in many location and high pressure events. I have learnt over time how to overcome and smash my nerves to a point where I don't really think about them anymore – in this eBook I am going to share my experience with you I have left nothing out. This is my personal approach to smashing nerves so you never think about them again.

### **Resource page**

<http://www.magicianscorner.co.uk/nerves/>



- **Being The Centre of Attention**

Being the centre of attention and having all eyes on you can be where the shaky hands and dry mouth can begin. So what's going on? Well your body is going into fight-or-flight mode (also called the fight, flight, freeze, or fawn response) a bodily reaction is triggered in part of the brain called the hypothalamus, which when stimulated initiates a sequence of nerve cells firing a chemical release that prepares our body for running or fighting. Basically your body is going into an automatic defence mode.

So how do we overcome this as a performer? The below are my advice on what has worked for me. Use these three tips before even approaching a table or a group of spectators and you will find yourself relaxing into your performance.

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- **Pick simple tricks – self workers.** There are some wonderful tricks available on the market that are automatic and simple to do. Think about what attracted you to the trick in the first place, how it made you feel and what it looked like when making the selection. Your favourite magic dealer can help you find a strong opener that is self working!
- **Be prepared:** I think the main step to overcoming initial nerves is to be prepared: Practice, practice, practice! before you even show anyone a trick practise it and get the muscle memory down, understand all the technical moves (if any), really understand the sequence of how the trick mechanically takes place, video yourself doing the trick and make sure its smooth and flows.

- **Polish your patter.** Know what you are going to say, the plot, this can be something simple. For example: Gambling effect; “This is how I would cheat you out of money....” Structure your routine around a theme. Plenty has been written about creating structure and scripts. A great place to start is Scripting Magic by Pete McCabe, you can pick up copies from [www.magicweek.co.uk](http://www.magicweek.co.uk) or eBay second hand for a reasonable price.

Once you have the above three steps down its time to deal with the issues listed at the very start of this eBook: Shanking, Dry mouth, forgetting your words etc. These are the methods I have used myself and accumulated over ten years of performing for real people (laymen).

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### **Resource page**

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## **Techniques to eliminate the following:**

- Shankling hands.
  - Dry mouth.
  - Forgetting your words.
  - Messing up tricks due to nerves.
  - Stress before performance.
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- **Pressure- Point Manipulation**

I first learnt this from Win the Crowd by Steven Cohen (found on the resource page). Pressure- Points have been used for thousands of years and are believed to have originated in Ancient China. In his book Steven teaches a technique holding pressure points on each hand – Find the V shape in your hand where the thumb meets your pointing finger (see picture) interlock your hands like the picture and apply light pressure for around 30 seconds with your thumb. After a brief pause change hands. This pressure point helps you release endorphins which makes you more alert and happy. I do this just before I enter the venue or before a performance if I have time.



### **Resource page**

<http://www.magicianscorner.co.uk/nerves/>

This next tip is something that I have held near and dear to my heart for a long time.

- **Aveda Blue Oil**

This stuff is amazing, it is a stress relieving blue oil that helps dissolve tension and raise energy levels; it's a balancing oil. This stuff really works, I usually put this on an hour before a gig. It really is an amazing product and does clam you down and stop those hand shaking. If you take nothing else away from this eBook I would suggest buying this and trying it for yourself. I apply it to my temples on each side of my head to allow the fragrance to be inhaled. I recommend this product highly, not just for performance also when you are feeling a little be stressed out or low on energy. At the time of writing the cost is £14 (around \$19) – you can buy the oil from Copy and paste the link [goo.gl/sCgiAR](http://goo.gl/sCgiAR)

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- **Meditation and Hypnosis**

I have a download from a fantastic hypnotist called Freddy Jacquin: This audio really did set up and allowed me to feel more confident within myself. The download can be heard on the resource page. Another book I found of help and has a free mp3 cd with it is Paul Mckenna Change Your Life In Seven Days, this can also be found on my resource page. This is how I use the audio, I would find half an hour where I could be undisturbed and plug my head phones and just listen I would then drift off into a trance. I used this for over six months and still occasionally use the download just to get myself calm and.



To find out a little more about Freddy click here

<http://www.freddy-jacquin.com/>

- **Diaphragmatic Breathing**

This is basically deep breathing technique from yoga that I have adapted for myself.

How it's done: Breathing can do your body good and calm you down quickly. To start, inhale for a slow count of four, then exhale for a slow count of four — all through the nose, which adds a natural resistance to the breath. These slow focused breaths should help calm the nervous system, increase focus and reduce stress. As you get used to this technique aim for six to eight counts per breath with the same goal in mind.

When it works best: Anytime, anyplace — but this is one technique that's especially effective just before performance. If you're feeling nervous, this breathing exercise can help take your mind off racing thoughts, or whatever might be distracting you before your perform."

For a more in-depth understanding of diaphragmatic breathing please copy and paste the link below.

[goo.gl/7keO7s](http://goo.gl/7keO7s)

- **Tongue Twisters**



When you are performing you need to get words out clearly and confidently. One of the best techniques have found to improve this is to do tongue twisters. First do the tongue twister as below a couple of times and then stick your tongue out as far as it can go and repeat the tongue twister again a couple more times. With your tongue out, it helps lower your voice box and makes you sound richer.

*“How much wood would a woodchuck chuck if a wood chuck could chuck wood?”*

*He would chuck, as much wood as a woodchuck could chuck if a woodchuck could chuck wood!”*

Doing the tongue twister allows you to challenge yourself, so when you get in front of your audience your words should flow naturally and with ease.



## **Final thoughts**

*“If you fail to plan, you are planning to fail!”*

*– Benjamin Franklin*

The advice I have shared with you in this eBook has allowed me to perform to thousands of people and to pull off some amazing magical effects that people will remember for a life time.

Once the above has been achieved the best advice I can give is to go out and perform to as many people as you can.

Performing to your friend and family doesn't really count as they will hold your best interest at heart: If you truly want to become a magician you need to get out there and perform.

I hope this has been of some help to you and has given you some guide lines and a little more knowledge about nervousness and how to smash your nerves.

I would strongly recommend picking up a copy of Win the Crowd by Steve Cohen 'The Millionaires Magician' found on the resource page as he has some more great ideas and tricks not only on nerves but also on performance, plus it's a great read!

I truly love magic and If you ever see me at a convention or performing, please stop and say hello. Or if you would like to contact me my email address is

[ptaylor@magicianscorner.co.uk](mailto:ptaylor@magicianscorner.co.uk), I'm always happy to talk about magic.



Thanks for taking the time to read this short ebook and a massive thanks to Ian for helping me with this project and sorting the logo out.

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