

Calm Before Public Speaking

[Induction Phase]

Take a deep, slow breath in... and let it go completely...

allowing your shoulders to drop and your body to settle...

Feel the support of the surface beneath you... letting your weight sink down... safe... supported...

and completely present in this quiet moment...

With every single exhale... release the tension of the day... letting your jaw soften...

and your eyes gently close to the world...

There is absolutely nothing else you need to do right now... nowhere else you need to go...

just here... breathing in peace...

Your breath is a steady, gentle anchor... slowing down with each cycle...

as you begin to drift inward into comfort...

[Deepening Phase]

Going deeper now... into a wonderful state of quiet comfort... where your busy mind becomes still...

and your body completely relaxes...

Imagine a soft wave of relaxation flowing down from the top of your head... over your face...

relaxing your jaw... and soothing your neck...

It moves gently into your chest... easing your heart... sending a comforting warmth down into your hands...

making them heavy and warm...

Deeper and deeper down... like stepping down a safe, carpeted staircase...

with every sound around you only deepening your profound peace...

You are perfectly safe... resting in this calm, quiet center...

where your nervous system is finding its natural, balanced rhythm...

[Guided Imagery for Calm Before Public Speaking]

A soft, dusty amber light filters down from high above...

casting a gentle, warm glow onto a polished wooden floor...

Looking up... you see this single beam of light cutting through a vast, quiet darkness...

illuminating tiny, floating specks of gold...

As your eyes adjust to the darkness beyond...

you realize you are standing on the stage of an empty, magnificent theatre...

Row upon row of empty, velvet-cushioned seats curve gently before you... silent... peaceful...

holding a sacred space of absolute stillness...

The air here is cool and clean... tasting of quiet anticipation... but there is no pressure...

only a vast, supportive silence...

Stand directly in that warm spotlight... feel its heat gently warming your shoulders... your arms...

and flowing down into your hands...

Your feet are rooted firmly to the solid wood...

feeling the absolute stability of the stage supporting you from below...

[Positive Suggestions for Calm Before Public Speaking]

As you stand here... feel the flutter of excitement in your chest...

and know this is simply pure, usable energy...

This is not fear... it is your body's natural, brilliant readiness...

converting adrenaline into a focused, steady, and magnetic presence...

Notice your breath remains deep and low...

filling your lower belly with a steady, calming rhythm that grounds you...

A comforting warmth floods your hands and fingers... they are relaxed... warm... and expressive...

ready to connect with others...

Your throat is completely open, soft, and free... your voice is clear... strong...

and fully available to you at any volume...

When you speak... the words flow effortlessly and naturally... carried on a steady stream of deep, inner confidence...

You are the messenger...

and your message is a helpful gift that you offer to the room with absolute ease...

[Affirmations for Calm Before Public Speaking]

Let these powerful truths settle deep into your subconscious mind, repeating them silently to yourself with conviction:

"My breath is steady, my mind is clear, and I am ready."

"I welcome this energy and channel it into perfect focus."

"My voice is strong, warm, and easily heard by all."

"I am grounded, prepared, and safe in my own skin."

"I speak with ease, clarity, and genuine connection with others."

[Integration and Empowerment]

Take a deep, integrating breath...

sealing these feelings of readiness and calm deep within your muscle memory and mind...

Every time you touch your thumb and forefinger together...

this absolute state of calm readiness will instantly return to you...

Your nervous system remembers exactly how to be still... how to breathe deeply...

and how to shine in front of others...

You are fully equipped...

and you are more than ready to step into your light and share your voice...

[Reawakening Phase]

Now... it is time to bring this quiet confidence back with you into your waking world...

preparing to open your eyes...

One... feeling the physical sensation of the room around you... grounded and secure...

Two... wiggling your fingers and toes as fresh energy and warmth fill your entire body...

Three... taking a deep, cleansing breath of clear air... feeling revitalized and focused...

Four... feeling incredibly clear, calm, and completely prepared to speak...

Five... eyes open... fully awake... refreshed... and ready to shine your light...