

# ART OF PERFORMANCE

INITIATING THE BLUEPRINT OF THE PERFORMER



Art of Performance is an integrated approach  
Who I am is reflected in my performance

### THE MAINSTREAM VIEW

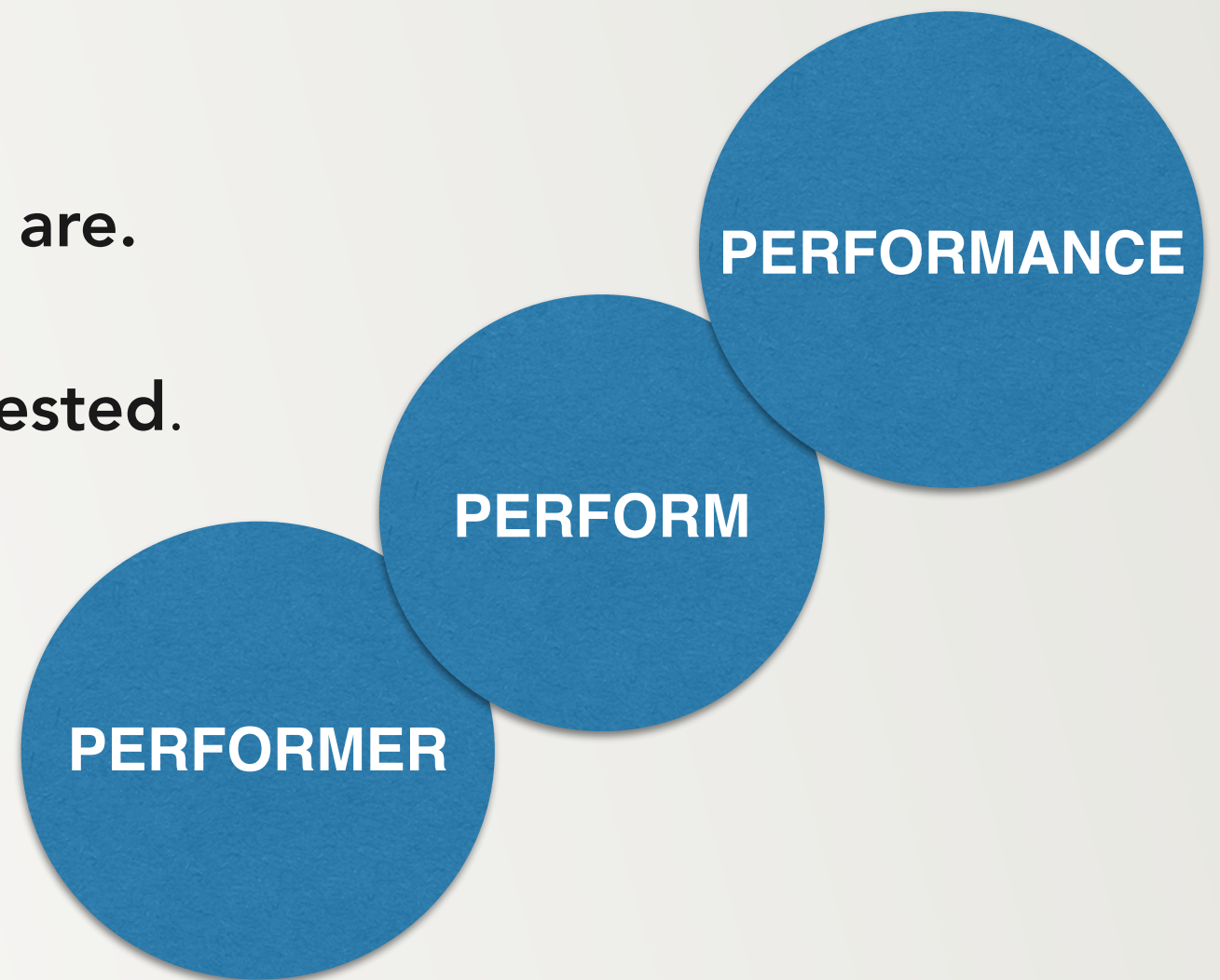
#### **WHAT IS A PERFORMER?**

In this world you are seen for **who you are**.  
Who you are is seen for **what you do**.  
What you do is seen for **what is manifested**.

### THE ART OF PERFORMANCE VIEW

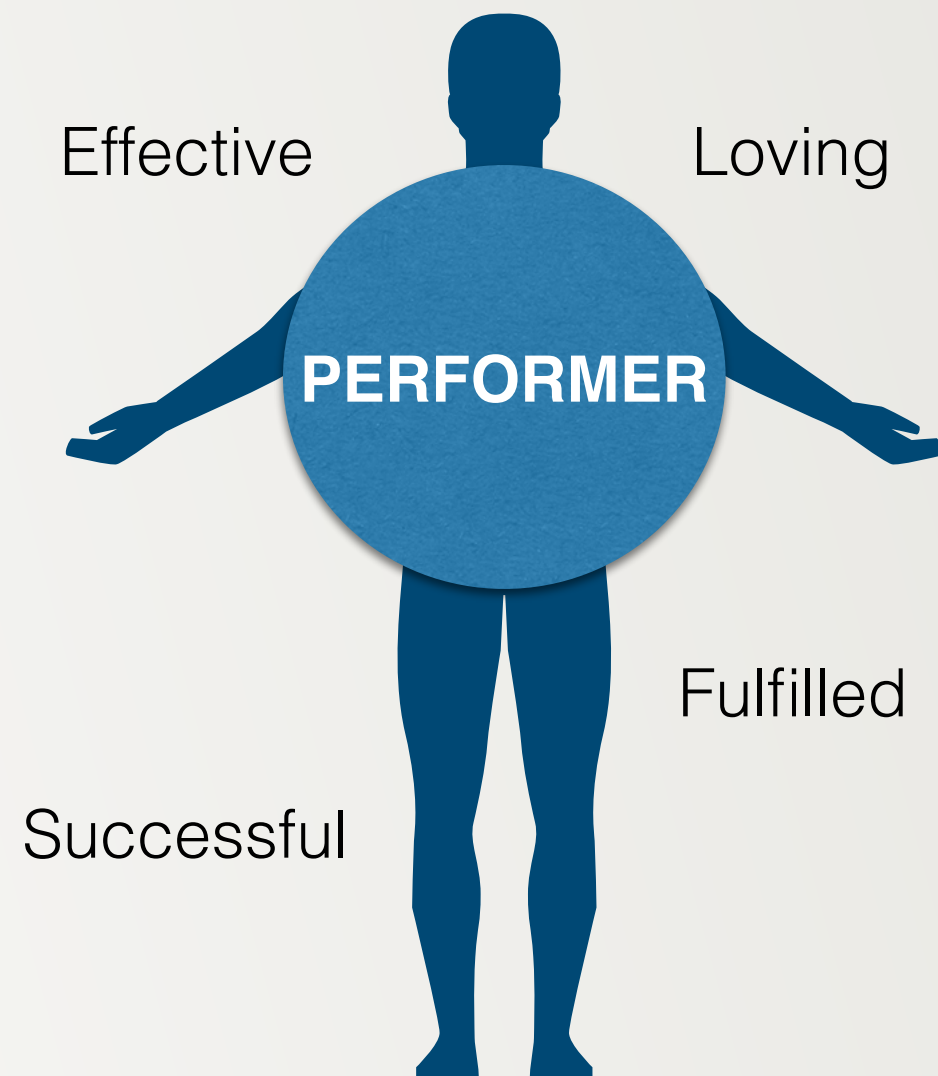
#### **WHAT IS A PERFORMER?**

As I am, the performance is.

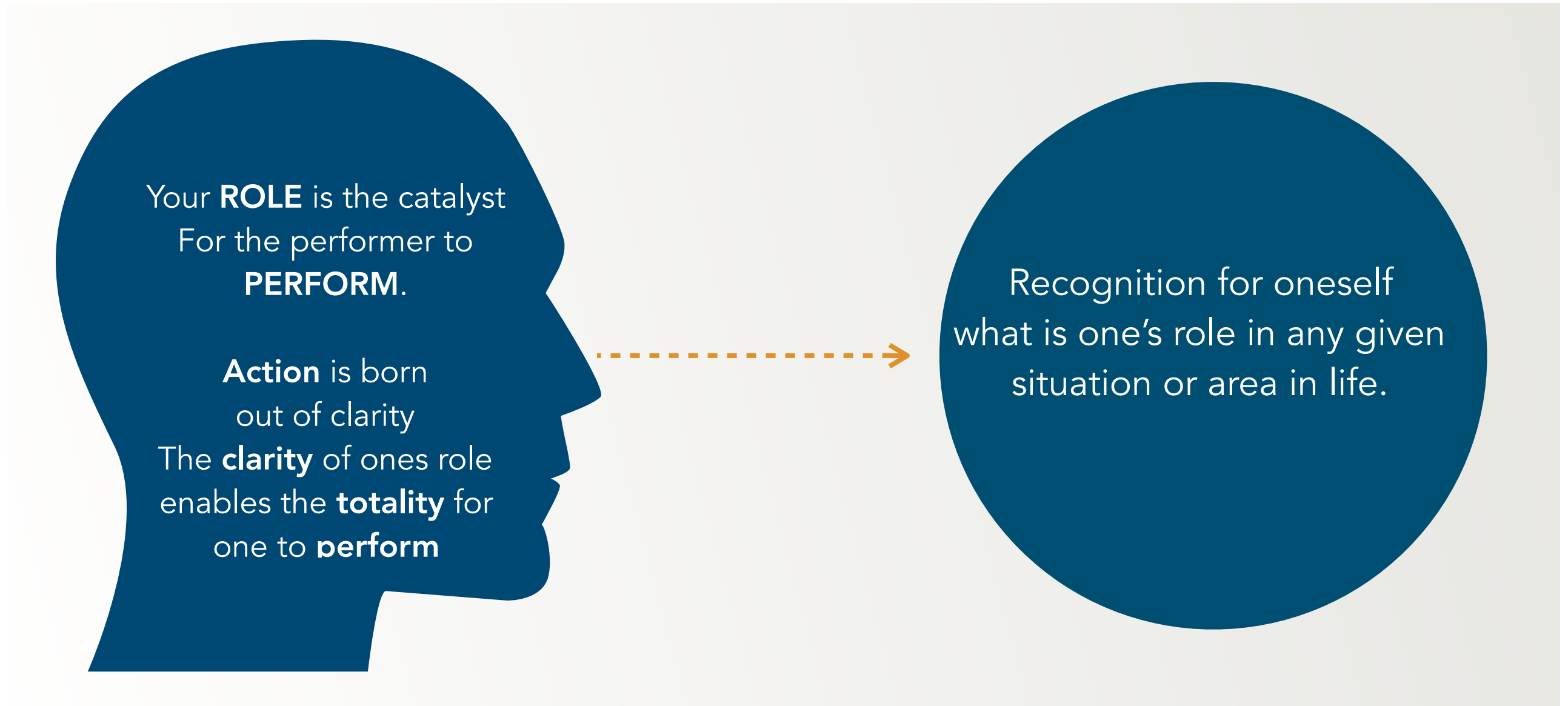


# The View of the Performer is your responsibility

The state of what you are in your environment is what you choose to be.



# Recognizing Your Role is a trigger to perform.



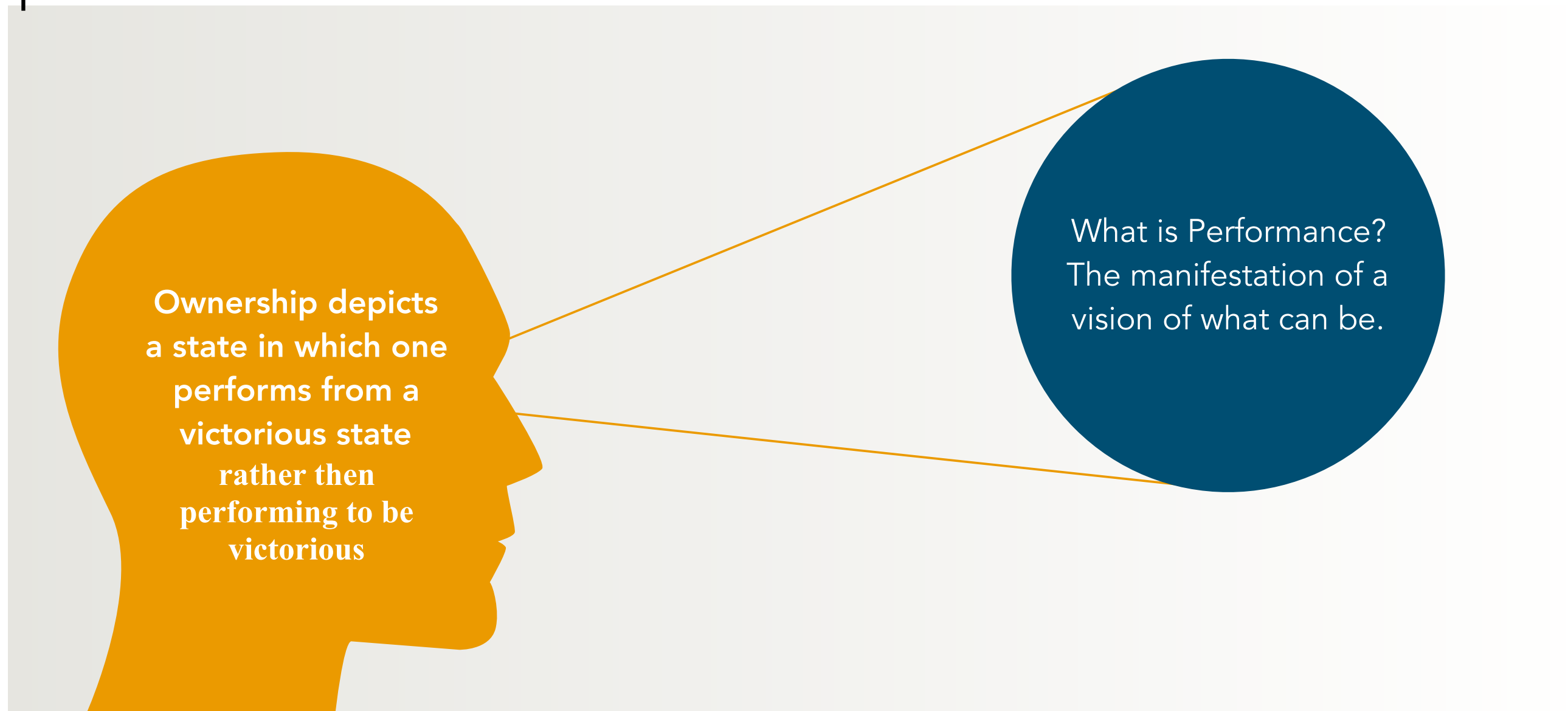
Peak Performance is born when you connect to your role.  
This integrates you and your actions to become total

When the role and the owner  
of the role are connected,  
one is in the zone of peak  
performance





# Ownership of Results is you owning the desired performance from a choiceless state



*Remember there is a difference between worker and a performer.*

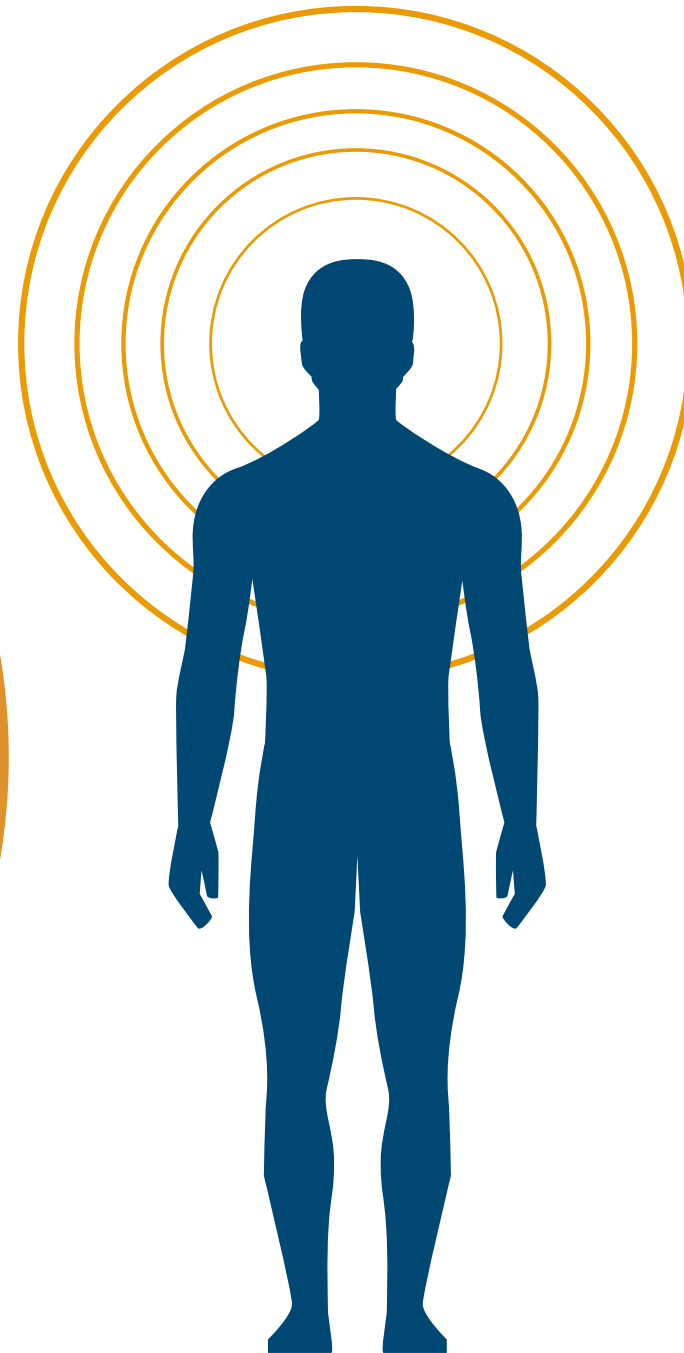
*The worker follows the performer.  
The performer takes ownership of results.*

# Embodiment is the state of performance as an effortless flow

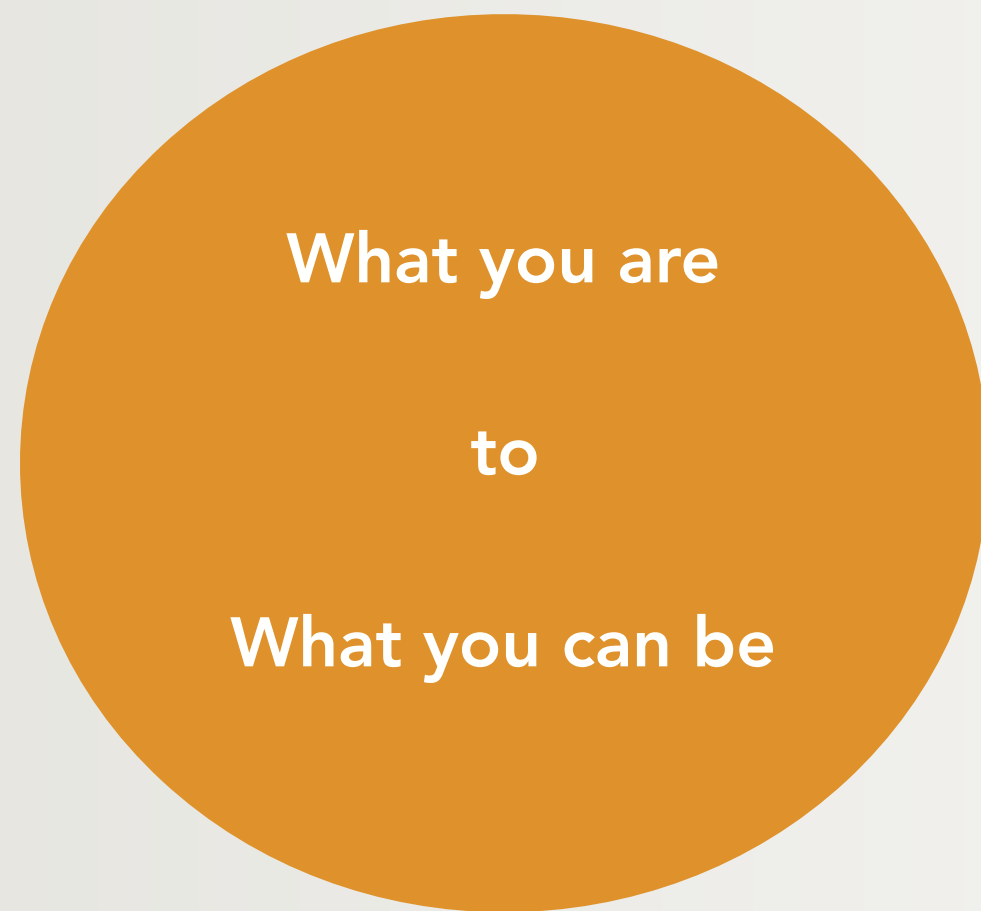
Embodiment  
enters the flesh, the bone,  
the marrow.

Only when you embody, you  
vibrate that energy.

When you embody  
and vibrate that energy.  
the performance inevitably  
happens.



# The Work is to embody the desired performance



## The Meditation





The Art of Performance is an integrated approach to performance as a byproduct of personal transformation

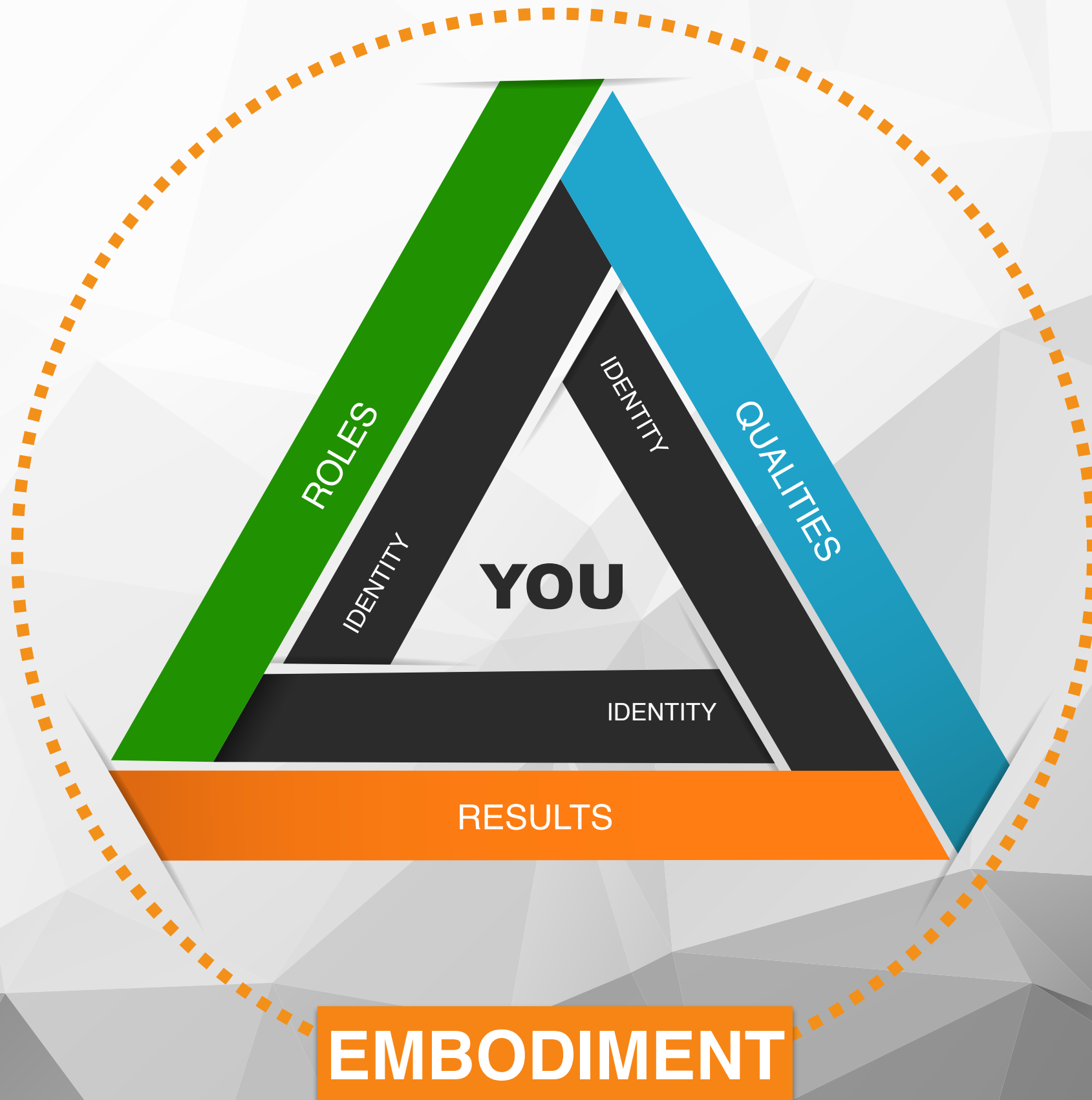
**Whenever  
a human being flowers ...**

**Flower means whenever a particular  
growth is completed, it always shows  
itself as an ability to perform.**

**This is not an ideology but an  
unfoldment of one's potential within.**

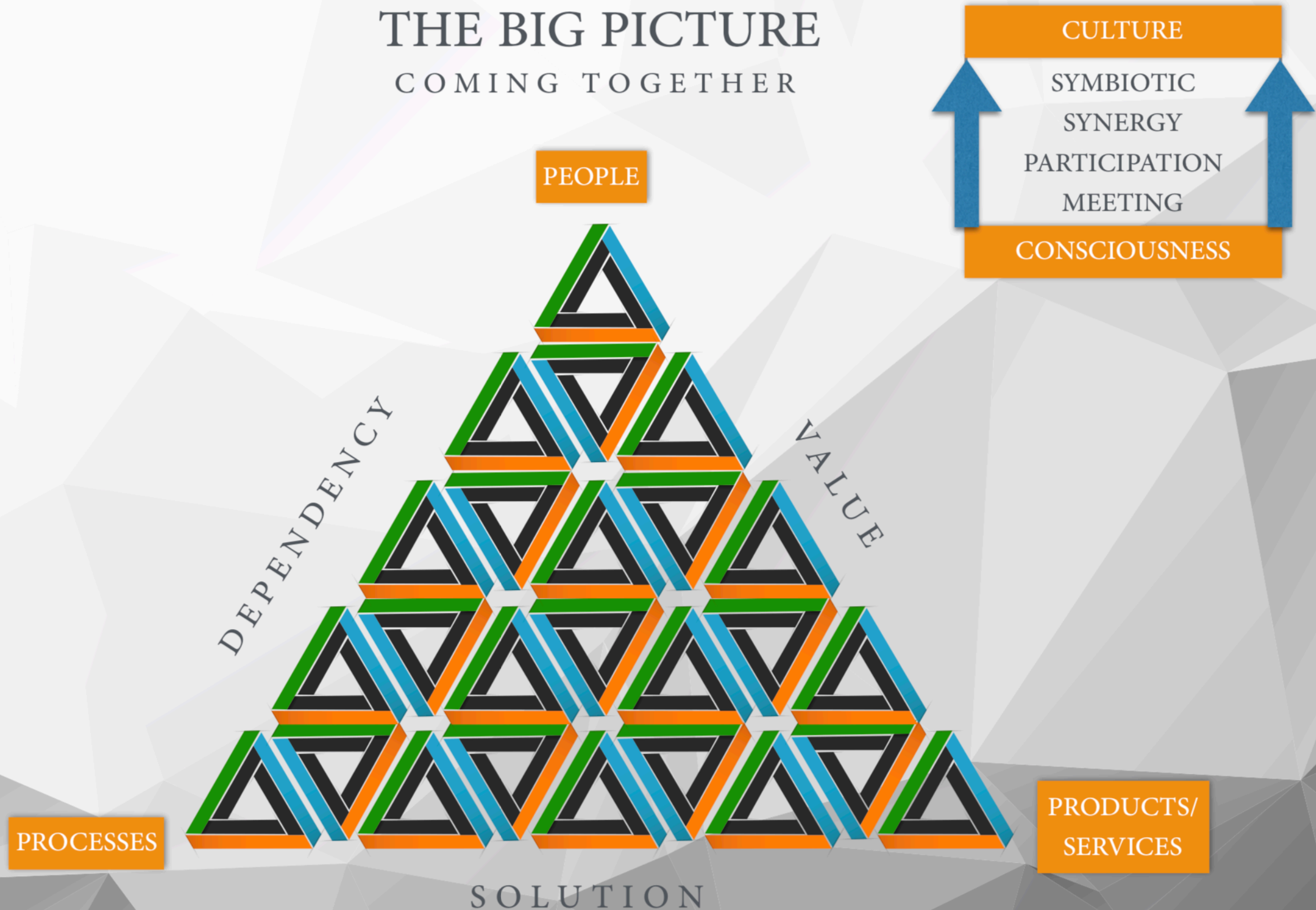
**To be actualized as an enrichment  
for oneself and for all**

# THE PERFORMER



# THE BIG PICTURE

COMING TOGETHER



01

## Decoding The Self

- Understanding each participant's current personality label or view they hold over themselves in regards to being a performer.
- This self-assessment subsequently assists the participant through mindfulness to reestablish the right view of themselves as a performer.

## Decoding Roles

- Recognising and taking responsibility over the the roles each participant plays in the different areas of their work and life that demands performance.
- And detecting the key qualities that connects the participant to their roles.

02

03

## Decoding Responsibility &amp; Accountability

- Clarifying each participant's responsibility and accountability.
- Aligning their responsibilities and roles in line with their entrepreneurial goals or within the organisation's strategic or visionary goals.
- Detecting and growing beyond inner conflicts that prevent peak performance.

04

## Decoding &amp; Recoding Embodiment

- Understanding what embodiment is and detecting for oneself what the participant has embodied in their life and work.
- Defining what each participant is choosing to embody based on the performance that is demanded in their realities.
- Detecting the specific work that has to be undertaken for the embodiment process.

## Decoding Barriers In Performance

- Detecting the ideas of self-condemnation each participant has imposed upon themselves that create the inner split which prevents peak performance.
- Assessing each participant's readiness to move towards a breakthrough in performance.

05



06

## Decoding the Science Of Growth

- Understanding how to evaluate one's own performance and identifying the specific areas of growth needed for each participant.

## Workshop

# Q & A

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