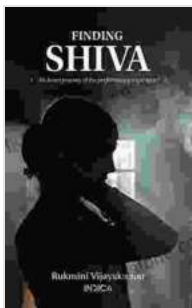# An Inner Journey of the Performative Experience: A Deep Dive into the Performer's Psyche

The performative experience is a unique and often transformative journey for the performer. It is a journey that begins with preparation and anticipation, and culminates in the final performance. Along the way, the performer experiences a range of emotions, thoughts, and physical sensations that can be both exhilarating and challenging.

Preparation and Anticipation

The preparation for a performance can be a long and arduous process. It involves countless hours of rehearsal, practice, and study. The performer must not only learn their lines and music, but also develop the physical and emotional skills necessary to bring the performance to life. This process can be both physically and mentally demanding, but it is also essential for the performer's success.

Finding Shiva : An Inner journey of the performative experience by Rukmini Vijayakumar

★★★★☆ 4.7 out of 5

Language	: English
File size	: 3731 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 174 pages

In addition to the physical and mental preparation, the performer must also prepare themselves emotionally for the experience. This involves developing the confidence and self-belief necessary to perform in front of an audience. It also involves learning to deal with the nerves and anxiety that can accompany performance.

The anticipation of a performance can be both exciting and nerve-wracking. The performer may feel a sense of excitement and anticipation, but they may also feel a sense of doubt and insecurity. It is important for the performer to learn to manage these feelings and to focus on the positive aspects of the experience.

The Performance

The performance itself is the culmination of all the preparation and anticipation. It is a moment when the performer can finally share their work with the audience. The performer may feel a sense of vulnerability and exposure, but they may also feel a sense of excitement and accomplishment.

During the performance, the performer experiences a range of emotions and sensations. They may feel a sense of joy, sadness, anger, or fear. They may also experience physical sensations such as sweating, trembling, or shortness of breath. These emotions and sensations are all part of the performative experience and can help to create a powerful and memorable performance.

After the Performance

The aftermath of a performance can be a time of reflection and growth for the performer. They may feel a sense of satisfaction and accomplishment, or they may feel a sense of disappointment or regret. It is important for the performer to take time to reflect on the experience and to learn from their mistakes.

The performative experience is a unique and often transformative journey for the performer. It is a journey that can lead to self-discovery, growth, and transformation.

The performative experience is a complex and multifaceted journey. It is a journey that can be both exhilarating and challenging, but it is also a journey that can lead to self-discovery, growth, and transformation. By understanding the inner workings of the performer's mind and body, we can gain a deeper appreciation for the power of performance.
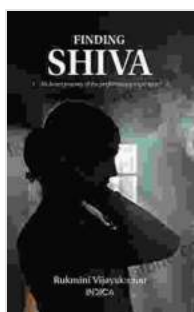
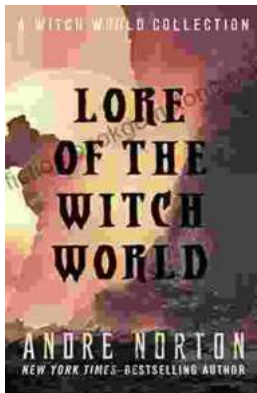### Finding Shiva : An Inner journey of the performative experience by Rukmini Vijayakumar

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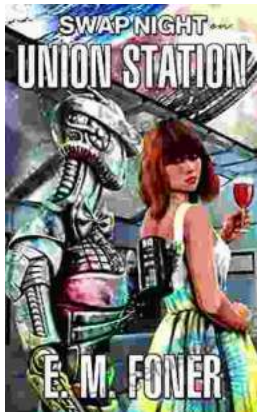
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