

<b>HEART / SOUL</b>		
<b>What is it</b>	<b>What to do</b>	<b>It feels like</b>
<p>1. <b>FEELING EMOTIONS</b></p> <p>→ <b>SEE IT IN THE NATURE</b></p> <p>→ <b>MUSIC INTUITION</b></p> <p>→ <b>IMAGINATION</b></p> <p>→ <b>LIFE EXPERIENCE</b></p>	<p>1. <b>CONNECTING</b> feelings coming from your <b>HEART</b> and <b>SOUL, WITH THE MUSIC</b> - happy, sad, excited, melancholic, dance – like, military, dramatic, dreamy, etc. Learn <b>HOW</b> to express them with your <b>SOUND</b>.</p> <p>2. <b>ASSOCIATING SOUND</b> with <b>FEELING</b> - Stormy Sea (Dramatically Scary) / Green Pastures (Endlessly Calm) / Mountain top view (Grand and Spacious), etc.</p> <p>3. <b>DEVELOPING</b> your music intuition by <b>LEARNING</b> about phrasing, musical rules, styles, and by listening to other people perform.</p> <p>4. <b>IMAGINING</b> how your <b>EMOTIONS</b> can make your playing <b>EXCITING</b>. Through your life experiences, <b>RECALLING</b> a particular one to link with the music.</p>	<p>→ <b>'SOUND IS A FEELING'</b></p> <p>→ <b>DEVELOPING AN INTUITION FOR INTERPRETATION</b></p> <p>→ <b>EXCITEMENT IN PLAYING</b></p> <p>→ <b>EXPRESSING A MEMORY</b></p>
<p>2. <b>CORRECT ATTITUDE</b></p> <p>→ <b>BE POSITIVE</b></p> <p>→ <b>BE GRACIOUS</b></p> <p>→ <b>BE OBJECTIVE</b></p>	<p>1. <b>MANAGING</b> your attitude (especially in practicing) is <b>KEY FOR SUCCESS</b>. Always trying to <b>FEEL POSITIVE</b> – in practice and in performance, towards your and your peer's efforts and achievements.</p> <p>2. <b>STRIVING FOR PERFECTION</b> – setting the bar high to playing <b>'IN STYLE'</b> (with decorum) but also <b>LETTING GO OF THE PRESSURE</b> of unexpected mistakes (especially on stage), and be forgiving to yourself (and others) – next time you will practise better and make it work!</p> <p>3. Be <b>OBJECTIVE</b> and <b>CRITICAL</b> about your playing and always asking yourself – how can you improve?</p>	<p>→ <b>FEELING OPTIMISTIC</b></p> <p>→ <b>PLAYING 'IN STYLE'</b></p> <p>→ <b>ALWAYS IMPROVING</b></p>
<p>3. <b>WILLPOWER</b></p> <p>→ <b>REPETITION PRACTICE</b></p> <p>→ <b>MUSCLE MEMORY</b></p>	<p>Very many times <b>REPETITION PRACTICE</b> is required to learn and to make technically the music language to work. If done correctly the repetition creates <b>MUSCLE MEMORY</b> which is essential for your musicality to shine through in performance.</p>	<p>→ <b>PRACTICING PATIENTLY</b></p> <p>→ <b>CREATING MUSCLE MEMORY</b></p> <p>→ <b>EFFECTIVE RESULT</b></p>

IDENTIFY & SOLVE THE PROBLEM	
Don't	Do
1. LOSE CONNECTION - SOUND / FEELING	1. EXPRESS FEELING IN PLAYING
2. LOSE YOUR ATTITUDE	2. KEEP POSITIVE
3. LOSE FOCUS ON THE AIM	3. PRACTICE PATIENTLY

HAVE YOU LEARNED IT		ACTION WORDS / TASK
1. FEEL EMOTIONS	<ul style="list-style-type: none"> <li>→ SEE IT IN THE NATURE</li> <li>→ MUSIC INTUITION</li> <li>→ IMAGINATION</li> <li>→ LIFE EXPERIENCE</li> </ul>	<ol style="list-style-type: none"> <li>1. CONNECT FEELING WITH MUSIC</li> <li>2. EXPRESS WITH SOUND</li> <li>3. INTERPRET WITH INTUITION</li> <li>4. PLAY EXCITINGLY</li> </ol>
2. HAVE A GOOD ATTITUDE	<ul style="list-style-type: none"> <li>→ BE POSITIVE</li> <li>→ BE GRACIOUS</li> <li>→ BE OBJECTIVE</li> </ul>	<ol style="list-style-type: none"> <li>1. FEEL OPTIMISTIC</li> <li>2. PLAY 'IN STYLE'</li> <li>3. ALWAYS IMPROVE</li> </ol>
3. INCREASE WILLPOWER	<ul style="list-style-type: none"> <li>→ REPETITION PRACTICE</li> <li>→ MUSCLE MEMORY</li> </ul>	<ol style="list-style-type: none"> <li>1. PRACTICE PATIENTLY</li> <li>2. DEVELOP DETERMINATION</li> <li>3. ACHIEVE A RESULT</li> </ol>

**REMEMBER**  
**THE DETAIL**  
**THE ACTION**  
**THE FEELING**