

Letting Go

Introduction

Intention + technique – resistance = execution

“I only play what I can play”

Effortless Mastery (by Kenny Werner) quotes:

“I am a master”

“Every note I play is the most beautiful sound I have ever heard”

Meditation for Guitarists: <https://www.youtube.com/watch?v=Hj6l7Kr2lsM&t=12s>

How Champions Think (by Dr. Bob Rotella) – excerpt where Jack Nicklaus could not remember missing any putts during PGA championships

“Inner Game” books summary (cf. “Inner Game of Music” by Barry Green):

1. How your 2 selves interact decides how skilled you are on the outside (self 1 is conscious, the thinking, deciding, self-critical mind; self 2 is subconscious which we access when we're in 'flow,' relaxed). We perform best when self 2 is in charge.
2. For performance to flow effortlessly, you must calm self 1 and have faith in self 2. Don't judge yourself; just observe what happens & trust that self 2 will do the best it can
3. The inner game applies to all of life. Kids instinctively utilize “implicit learning” (where they can't necessarily explain every step of what they're learning. The best performers are non-judgmental, not controlling and have more fun. So stay cool, don't give yourself a hard time, and have fun!

Suggestions to lower your resistance

in a live playing situation: a) simply stop and take a deep breath b) listen to what the other musicians are doing if you are stuck for ideas c) feel the emotion of the moment, whether it be the content of the song itself or how you're feeling

while practicing at home: a) make time for free play b) take mental (or written when possible) notes of what you can't do, then isolate those things and work on them in your practice routine