

Practicing musical intention

Your body can develop a brilliant technique if you can send it the right intention by imagining in vivid and nuanced detail the ideal musical result. To go one step further, you can practice your musical intention by singing and gesturing with body movements the phrase you want to learn. In this way you are practicing what it is you want to say – in a dynamic and multi-modal way. Practicing the intended result triggers the implicit motor-learning mechanism. Practicing different variations – by changing the entire character, will enhance the process.

Choose a section of music

1. Imagine the phrase you are about to play with as much nuance as you can evoke (pitch, tone quality, volume, articulation, transition from one note to another...)
2. Sing and gesture the phrase dramatically
3. Play several versions of the phrase (completely change the character)