

## Performance preparation

***Positive visualization exercises like the one below have the best effects when you do them directly before going to sleep. Try this one for a few nights before an important performance to release fear and stress and to program positive expectations.***

### Step 1: The scenario that arises

Touching lightly your forehead eminences with the second and third finger of each hand, and also your temples - with the thumb of each hand touching the ring finger, as you scan the entire piece or program. Read through the music and imagine playing it. Notice the stress that arises and imagine yourself letting go of the stress.

### Step 2: Making the scene richer

Repeat the procedure, this time imagining it as vividly as possible. Allow any positive or negative details that arise. Imagine the whole situation – the people around you, how you feel, what it sounds like, the room, the reactions of people and your own reactions.

### Step 3: The optimal scenario

Repeat once again, this time imagining exactly what you would love to occur. Imagine all the details – the optimal sounds, feelings and reactions.