

Simulating performance (by Williamon, 2004)

- Notice the details of the room your going to perform and what the room looks like
- Relax your mind and body in the usual way and now recall the memory of a moment in your musical career when you felt you were in the 'right place at the right time'. This is a moment when your performance was seemingly flawless when you seemed to know in advance what was going to happen
- Notice what you are doing, where you are and who you are with. Above all, notice your physical sensations and what it feels like to be performing in this way. Play through this moment once or twice more, focusing on both your physical and mental sensations
- Hold these feelings and imagine you have arrived at the venue for an upcoming performance. Find a place in the venue where you van momentarily store your equipment and feel at home. Walk into the room where you will be playing and notice what you see and hear as you walk around. Perhaps go to back of the room and notice what you can see from he audience's point of view. Now walk onto the stage and look around and listen carefully to the room. Make yourself at home on stage.
- Imagine that you have now complete your warm-up routine, and when you are ready step out to perform. As you do so bring the experience and feeling of being in the right place at the right time with you. Notice how you feel as you step out onto the stage and ready yourself. Notice the audience that you are communicating with and the place you are in now. Focus on yourself, and notice what you are feeling. Now play.
- Notice what you can see and hear as you play and pay attention to your physical sensations and feelings. Play your performance perfectly. For a moment, float out of your body and notice what you can see and hear from the audience's perspective. Notice how you are responding as a member of the audience. Now, float back into yourself and complete your performance.