

## Developing control of your mental rehearsal (by Williamon, 2004)

- sit down in a place where you will not be disturbed. Uncross your legs and arms. Close your eyes, and relax from your head downward.
- In your imagination, walk into a practice room. Notice what the room looks like
- See your instrument. Notice details in what you see
- Walk around it. Notice what you can see and hear as you do this
- Look at the instrument from above, and then from below
- Now, imagine your instrument growing and make it larger. Then, see it getting smaller, first back to its normal size and then smaller still
- Now change its color. What color is it?
- Take a breath, and go back to the beginning. Walk into the room again
- See your instrument again. What details do you notice now?
- Reach toward your instrument and touch it. Notice what it feels like, its texture. Either pick it up or put yourself in a position ready to play it
- Notice how you make contact with the instrument. Take time to 'feel right' and stay with this feeling for a moment
- Begin to play and listen. What can you hear?
- Stop playing. Breathe.
- Begin to play again and listen
- Stop playing. Breathe. Do this a few more times, but when your attention begins to waver or you begin to lose control of your imagery, finish the practice
- Stop playing, put the instrument down and leave the room.
- Let the scene fade and slowly bring your attention back to our present environment.