

Enhance inner hearing (based on Van Auken & Larson)

Five steps for developing critical inner hearing:

1. Practice in your head the ideal mental image of the piece
2. Listen carefully to the imagined sound:
 - Eliminate irrelevant thoughts from the mind
3. Physically play what you heard in the imagination
4. Listen critically to what you are playing
5. Evaluate if the physical performance matched up with the mental performance