

While Practising

Here you will find a collection of tips to stay focused, creative and aware of yourself during your practice sessions. If you realize that you are trapped in old (bad) habits or feel that the quality of your practising is getting worse, look at one or two of these sentences, think about them for a moment and then continue practising. By the way, don't mind me repeating myself. ***Repetition is important if you want to learn something and/or change your habits!***

When you're learning to play an instrument, you need to be clear about what you want to learn. For example: You want to play without tension. If your determination about learning to relax is clear, the tension will decrease.

There is always one thing which is the most important thing to do next. Try to find out what it is and do it.

Try to improve just one thing at a time. Practise for short periods.

You're always the sum of your experiences. Figure out what you want to add.

Every moment has a different quality. Develop your intuition for this. Use the quality of being half-awake, of being tired, emotional, concentrated or 100 % fit to improve that which suits best the state of your body and your mind.