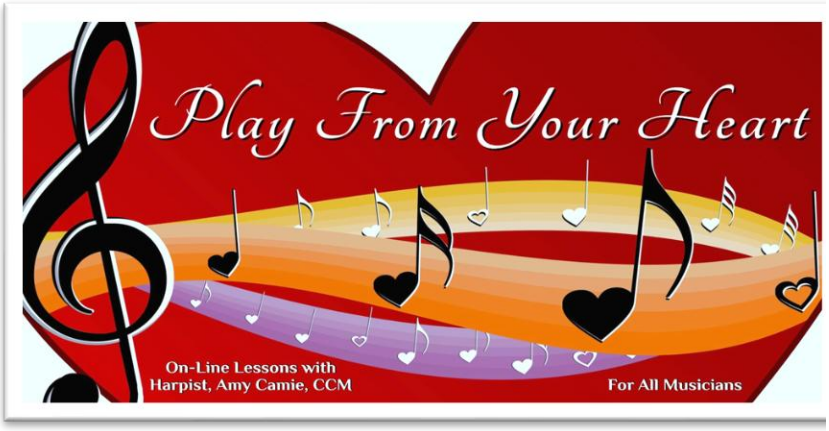

Ideas to help move from your head to your heart

~

Fear of judgment or fear of doing/playing something 'wrong' often keep us from exploring new ways of expressing ourselves – don't worry, you're not alone, it happens to most of us.

**** Close your eyes, take a deep breath, and notice what you're feeling inside.***

Do you feel tightness anywhere in your body?
Do you feel open space anywhere in your body?
Do you feel an emotion somewhere in your body?
Whatever you're noticing, does is have a color or shape?
Once you've connected to something inside, what does it sound like?
Using your voice or your instrument, keep your eyes closed and allow the sound to express.

Open your eyes or keeping them closed ~ Begin in a lower octave, use your instrument or voice, and slowly move up one note at a time. Do you notice where you feel the resonance in your body? Once you find that note, stay there for a while and keep playing it, allowing it to ring and resonate within you.

**** Music is a language. Can you imagine yourself as an infant learning to play with sounds?***

How does an infant learn to speak? Mama – Dada – Oooo – Can you play as an infant?
What do you want to say? Can you play it?
Listen to what you or others are saying. Can you play it?
Listen to the sounds/rhythms in your environment. Can you play them?

**** Short meditation** – 3 deep breaths, allow a color to emerge, allow a shape to form, listen for a single word, listen for a short phrase or sentence. How do you feel about what emerged?*
Can you express these aspects within you as a sound?

**** What's your picture?** Create a scene in your mind as if you were watching a movie.*

What are the components of your picture/scene?
Where is your focus ~ time of day; background; plants; people; colors; animals, etc.
Can you play a soundtrack to this picture/scene?
Can you put yourself in the picture/scene? How does that change what you're experiencing?

Take a familiar piece of music and ask yourself these same questions.
Do you notice any changes in how you experience playing that piece of music?

If you'd like to schedule a personal on-line lesson, please contact me:
TheHealingHarpist@gmail.com