

## Intention & the 7 D's

All glory comes from daring to begin! ~ Eugene F. Ware

I love the word in- tent -tion. What are you putting "in" your "tent", your heart and soul? What are you intending to do, to become? Where are you traveling? Make your intentions clear and the closer you will be to realizing them. Be intent with your intentions. **Be open** and **curious** about **how** your intentions will **change**. **The possibilities are infinite!** How will they become **re - formed** on your **musical journey**. Pack your tent with **curiosity, conscious care & clarity**.

*Look at these words and consider what you may need to add to your Practice and Playing.*

**You need the 7 D's:** *Desire Dedication Determination Discipline Delight Daring & Discovery!*

Here are a few things to **consider and be clear** about as you **begin** your practice:

1. What is the intention of your **practice today**? Be specific. \_\_\_\_\_

2. What are your intentions for your **weekly** lesson and or practice? \_\_\_\_\_

3. What concerts, **competitions**, **musical goals** do you have in the **future** that **motivate** your **Intentions**? \_\_\_\_\_

**More Ideas:** What was your intention today? How did your intentions change as you practiced today? What did you notice, observe, enjoy?

**Listen:** [Paula Robison, flute](#) **CD:** [www.paularobison.com](http://www.paularobison.com) **Look:** [Paula Robison - Amarilli](#) by Caccini

## Preparation Practice Performance

The greater part of our happiness or misery depends on our dispositions and not our circumstances.

- Martha Washington

To be prepared is half the victory...

- Miguel De Cervantes

Practicing is not forced labor, it is a refined art that partakes of intention, of inspiration, patience, elegance, clarity, balance, and above all the search for ever greater joy in movement and expression... - Yehudi Menuhin

What kind of preparation do you need for your musical life? What are you preparing?

How is your **practice** like your **performing**?

Is there a **Unity** in your **Practice** and **Performing**?

The essence of preparation is in **HOW** you prepare....

**Body** - Take a minute and check in with your body.

What do you need to awaken your body? **Breath** and **move**. Start by being **aware** and **caring** for your body.

Do some **movement** and **thought** to open you in your **practice & performing**. Remember your **Body** is your **Principal Instrument**.

**Mind** - Organize yourself and make a **practice plan** and use it! What do you **need** to be organized, productive, playful? (There are many plans here & my website)

Remember that your brain learns best in non-linear ways (see creative circles) through associations. **Make connections** and give meaning to things in your **preparation** and in your **practice** and **performance**.

**Spirit** - Listen to your **Spirit**... What do you need to bring your whole **spirit** present to your **practice & performing**? **Improvise** for a bit and enjoy being free. Not Inspired? Find some inspiration?(see inspiration)

Include these things in your **Performance & Practice**:

**Body, Mind, Spirit**, intention, imagination, balance, beauty, consistency, artistry, meaning, elegance, ease, precision, patience, connection, color, drama, artistry, presence, playful, positive, dynamic, expression, 7 D's, involved, authentic, creative, possibility, luminous...

**More Ideas:** Read and enjoy this classic book, **The Artist Way** by **Julia Cameron** **Listen: & Look:** [Artist Date - Julia Cameron](#)