

The Art of Practicing

1. Stretch
2. Settle down
3. Tune into your heart
4. Use your body in a comfortable and natural way
5. Follow your curiosity as you practice
6. Recognize three styles of struggle:
 - a. Overstated passion
 - b. Avoidance
 - c. Aggression
7. Drop your attitudes and be simple
8. Apply three listening techniques
 - a. Sing the notes and lines
 - b. Notice the vibrations
 - c. Notice each sound as it resonates around you
9. Organize notes into groups, phrases, and textures
10. Notice the sensations of touch and movement