

Karl Berger

THE MUSIC MIND EXPERIENCE

KEYPOINTS

- Flow is a gift. It is our natural state of mind
- We are easily distracted. We always have to re-tune into the flow, over and over.
- Thinking is too slow for musical performance. It needs to move to the background
- Everything that required thinking is ideally fully internalized before we perform.
- Playing music that we learn by heart enables us to play from the heart.
- As a listener we can join a player's mind.
- We cannot be players and critics at the same time.
- Record and listen back as much as possible. It takes time to appreciate our own ways to play.
- Remember to rely on intuition and feeling
- Develop trust and confidence in the gift of flow

- Rhythm is the ground floor parameter. It governs all the others. As we refine our sense of rhythm, all other parameters are being influenced: Sound, Dynamics, Space, and attention to details.
- The general feeling of Flow expands into a feeling of each and every beat: beat-for-beat-attention.
- Rhythm is natural and universal
- The natural state of mind is relaxed and alert at the same time
- Body movement helps in maintaining our sense of rhythmic flow.

- Sensitivity to dynamics make all the difference in bringing music to life. The more we get into the details of dynamics, the more "music" starts to happen.
- Language Dynamics: we don't just play a note; we need to actually mean it.
- Practicing melodic lines with shifting accentuations: changing the meaning.
- Feel crescendo and diminuendo from your heart

- Listening to just the sound. Expanding our listening beyond what we like or don't like
- Appreciating each performance as a new adventure, even if you played or heard it a hundred times before.
- Listening to the uniqueness of each sound
- Listening for the richness and constant change of harmonics
- Listening for sounds blending and harmonizing. The woods and birds don't need to tune up first!

- Silences are potent musical spaces.
 - Music is a dance between sound and space
 - The spaces in music offer the listener the opportunity to respond, subconsciously.
 - The listener is moving closer, in anticipation.
 - Music needs to breathe. Always starting music with silence, even starting each phrase with silence.
 - Practicing the art of balancing sound and space
-
- Playing and listening are two sides of the same coin
 - Listening is a liberating experience: we stop scheming and start listening
 - Listening is like opening up to world around us.
 - The intention to blend and harmonize transforms our way of listening.
 - As we quiet down and listen, we'll enter into our natural state of intuitive flow.
 - Listening is illuminating all the Music Mind points.
 - "Deep Listening": listening beyond just identifying the sources of sound and diving into the nameless motions of sound.
 - Everything there is to know about music we can hear.
 - Listen to the sounds disappearing.
-
- Our voice is the perfect tool to tune into the flow of our intuitive mind
 - Our voice is also the best tool to perfect our musical expression and personality
 - When we feel happy we sing or hum. When we sing or hum, we'll be happy.
 - Our voices connect our minds together
-
- Our tone, touch and voice are unique. That is hard to believe because we don't sound and move like anybody else.
 - "What is most personal is most universal": our most personal feelings and expressions are deeply rooted in a place that we all share, no matter where we are or come from.
 - Somehow we intuitively get in sync and move together in surprising ways. It happens when we feel comfortable and relaxed.