

BUTTERFLIES

Most people feel something before they perform.

There is every variable from complete calm and peace to fear that is so severe we can hardly play our instrument.

Here are a few basic reasons for fear, or if you prefer butterflies, or if you prefer, nerves.

1. We don't know the material,... which usually means we will embarrass ourselves in front of others... We can see the two bars near the end of the piece that we only sometimes play.... and every part of our being is wondering if we will be able to play it when we get there. WE Simply don't "OWN" the whole piece of music.
2. Our personality is one that believes that we are never good enough.

Notes

Me vs. Me has been my biggest fight.

.....Sanga Noona

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information on fear, audition
preparation and other psychology help
for musicians.**

The best solution whenever possible seems to be to really “own” the piece of music. To own a piece of music means you could play it by memory even if your internal dialogue was thinking about getting home to your family. Know the type of venue and the size of the audience. Try to acclimate to your performance situation and don’t worry about your body by mistaking butterflies for fear. It is just your desire to do the best you can, and the body gears up and magnifies you mind to see and hear more clearly. You will hear things so acutely you will hear things you have never heard before and the audience will not notice. Imagine an audience listening to you every time you practice.

And don't forget if you have, or make, the chance, is to play your piece in front of as many people in as many situations as you can.

From Tony Bennett:

Everyone gets the jitters when they first start out.

It takes years of work to make your best work seem effortless.

Never underestimate the knowledge or understanding of the public.

Look out for Fame on The Brain. If you are not careful success can destroy you.

When the uncreative tell the creative what to do, it stops being art.

Even the greatest of artists learned their craft and mastered the basic techniques before they became experts.

Give credit to those that work so hard to make your performance or project happen.

Put your heart into your work, your friendships, and your family and you will be rewarded

And finally:

If you can't beat the fear, just do it scared.

.....Mike Vaccaro
