

ARE YOU PREPARED TO...

- * Study and play at a 4-year-old level with humility and discipline?
- * Practise every day with clear focus and a free playful attitude?
- * Start from the very beginning, accepting that any prior knowledge of music training will most likely hamper or block the development of musical fluency?
- * Read, study and use the materials thoroughly, following all the steps of the course to the letter?
- * Let go and play with childlike expressive intention from the outset and every time you play?
- * Find intrinsic pleasure in playing simple things?
- * Practise for the moment-by-moment joy of making rhythm and tone not for successful outcomes?
- * Fully accept that you will make mistakes: this is a practical skill like learning to juggle, dropping the balls is inevitable?
- * Look at things in ways that are counter-cultural and aggressively lose your preconceptions about music?
- * Look at and challenge psychological blockages to learning that come up?
- * Acknowledge and overcome your expressive inhibitions in order to always play with rhythmic and tonal meaning from the inside?
- * Give up the need to play tunes you know?
- * Acknowledge that music is a language for self-expression and that performing music requires courage: it is very different from listening to music - just like skiing is very different from watching people ski?
- * Delve deeply into the question of what musical fluency is and why the usual passive music-making that is taught does not work for most people?
- * Allow the new model of music taught on this course to completely change the way that you perceive music?