TABLE OF CONTENTS

Introduction
CHAPTER 1
Posture and Practice
Basic Posture
Balance
Exercise 1 – Forward Bend
The Eyes
Exercise 2a – Bent Neck (Avoid)
Exercise 2b – Downward Gaze (Practice)
Lateral Torso Rotation and Use Of Arms
Exercise 3a – Leaning Sideways (Avoid)
Exercise 3b – Lateral Torso Rotation (Practice)
Curved Fingers
Generating Tone Through Body Weight Rather Than Muscular Force
Lifts
Exercise 4a – From the Wrist
Exercise 4b – From the Elbow
Exercise 4c – From the Shoulder
Exercise 4d – Opposite Side
How To Practice New Technique
Internalizing And Memorizing
Exercise 5 – Practicing Mexico (Left Hand)
Exercise 6 – Mexico (Right Hand)
Exercise 7 – Practicing Mexico (Joining Hands)
Exercise 8 – Practicing Mexico (Assimilating Technique)
Mexico
CHAPTER 2
MENTAL AND PHYSICAL HEALTH
Skillful Attitude32
Freedom from Suffering
The Quest for Artistic Excellence
Relaxation
How to Relax – An Approach
Exercise 9 – Simply Noticing Your Experience
Mental Blocks
Condemnation
Approval Seeking
Unblocking
Concentration
Exercise 10 – Concentration



Time Management	
Listing	37
Scheduling	38
Practice Time	39
Breaks	
Non-Musical Interests.	
Exercise 11 – Non-Musical Activities	40
Health Management	40
Avoiding Preventable Illness	
Tendonitis – An Occupational Hazard	
•	
Embracing Unforeseen Illness	
Psychological Benefits	
Exercise 12 – Personal Health Assessment	41
Attitude and Memorization	42
Aural Self-study	
*	
Aural Asceticism	
Accurate Musical Comprehension	
Thorough Visualization of the Musical Content	
Two Examples: Toscanini and Armstrong	45
Training of the Memory via Systematic and Logical Reflection on the Music	
A Balancing Act.	
Exercise 13 – Practicing Kjellaug in Phrases	
Exercise 13 – Fractioning Nyellang in Fill ases	
Summary of Practice Guidelines	52
·	
Kjellaug	53
, 0	
, 0	
CHAPTER 3	
CHAPTER 3	54
	54
CHAPTER 3	54
CHAPTER 3	54 54
CHAPTER 3	54 54
CHAPTER 3	54 54
CHAPTER 3 SOUND PRODUCTION The Sounds Of My Mentors Beautiful Piano Sound	54 54 54
CHAPTER 3 SOUND PRODUCTION The Sounds Of My Mentors Beautiful Piano Sound	54 54 54
CHAPTER 3 SOUND PRODUCTION The Sounds Of My Mentors Beautiful Piano Sound ENERGY	
CHAPTER 3 SOUND PRODUCTION The Sounds Of My Mentors Beautiful Piano Sound ENERGY Weight and Force	
CHAPTER 3 SOUND PRODUCTION The Sounds Of My Mentors Beautiful Piano Sound ENERGY Weight and Force Dropping vs. Hitting	
CHAPTER 3 SOUND PRODUCTION The Sounds Of My Mentors Beautiful Piano Sound ENERGY Weight and Force Dropping vs. Hitting Exercise 14a – Finger Drop	
CHAPTER 3 SOUND PRODUCTION The Sounds Of My Mentors Beautiful Piano Sound ENERGY Weight and Force Dropping vs. Hitting	
CHAPTER 3 Sound Production The Sounds Of My Mentors Beautiful Piano Sound ENERGY Weight and Force Dropping vs. Hitting Exercise 14a – Finger Drop Exercise 14b – Finger Drop Onto Keys	
CHAPTER 3 SOUND PRODUCTION The Sounds Of My Mentors Beautiful Piano Sound ENERGY Weight and Force Dropping vs. Hitting Exercise 14a – Finger Drop Exercise 14b – Finger Drop Onto Keys Exercise 15a – Wrist Drop	
CHAPTER 3 SOUND PRODUCTION The Sounds Of My Mentors Beautiful Piano Sound ENERGY Weight and Force Dropping vs. Hitting Exercise 14a – Finger Drop Exercise 14b – Finger Drop Onto Keys Exercise 15a – Wrist Drop Exercise 15b – Elbow Drop	
CHAPTER 3 SOUND PRODUCTION The Sounds Of My Mentors Beautiful Piano Sound ENERGY Weight and Force Dropping vs. Hitting Exercise 14a – Finger Drop Exercise 14b – Finger Drop Onto Keys Exercise 15a – Wrist Drop Exercise 15b – Elbow Drop Exercise 15c – Shoulder Drop	
CHAPTER 3 SOUND PRODUCTION The Sounds Of My Mentors Beautiful Piano Sound ENERGY Weight and Force Dropping vs. Hitting Exercise 14a – Finger Drop Exercise 14b – Finger Drop Onto Keys Exercise 15a – Wrist Drop Exercise 15b – Elbow Drop Exercise 15c – Shoulder Drop Exercise 16 – Whole Arm Drop	
CHAPTER 3 SOUND PRODUCTION The Sounds Of My Mentors Beautiful Piano Sound ENERGY Weight and Force Dropping vs. Hitting Exercise 14a – Finger Drop Exercise 14b – Finger Drop Onto Keys Exercise 15a – Wrist Drop Exercise 15b – Elbow Drop Exercise 15c – Shoulder Drop	
CHAPTER 3 SOUND PRODUCTION The Sounds Of My Mentors Beautiful Piano Sound ENERGY Weight and Force Dropping vs. Hitting Exercise 14a – Finger Drop Exercise 14b – Finger Drop Onto Keys Exercise 15a – Wrist Drop Exercise 15b – Elbow Drop Exercise 15c – Shoulder Drop Exercise 16 – Whole Arm Drop Decide for Yourself	
CHAPTER 3 Sound Production The Sounds Of My Mentors Beautiful Piano Sound ENERGY Weight and Force Dropping vs. Hitting Exercise 14a – Finger Drop Exercise 14b – Finger Drop Onto Keys Exercise 15a – Wrist Drop Exercise 15b – Elbow Drop Exercise 15c – Shoulder Drop Exercise 16 – Whole Arm Drop Decide for Yourself	
CHAPTER 3 Sound Production The Sounds Of My Mentors Beautiful Piano Sound Energy Weight and Force Dropping vs. Hitting Exercise 14a – Finger Drop Exercise 14b – Finger Drop Onto Keys Exercise 15a – Wrist Drop Exercise 15b – Elbow Drop Exercise 15c – Shoulder Drop Exercise 16 – Whole Arm Drop Decide for Yourself Playing Chords with Accuracy Exercise 17 – Chord Drop	
CHAPTER 3 Sound Production The Sounds Of My Mentors Beautiful Piano Sound ENERGY Weight and Force Dropping vs. Hitting Exercise 14a – Finger Drop Exercise 14b – Finger Drop Onto Keys Exercise 15a – Wrist Drop Exercise 15b – Elbow Drop Exercise 15c – Shoulder Drop Exercise 16 – Whole Arm Drop Decide for Yourself	
CHAPTER 3 SOUND PRODUCTION The Sounds Of My Mentors Beautiful Piano Sound ENERGY Weight and Force Dropping vs. Hitting Exercise 14a – Finger Drop Exercise 14b – Finger Drop Onto Keys Exercise 15b – Wrist Drop Exercise 15b – Elbow Drop Exercise 15c – Shoulder Drop Exercise 16 – Whole Arm Drop Decide for Yourself Playing Chords with Accuracy Exercise 17 – Chord Drop Some Suggestions For Building Chord Vocabulary	
CHAPTER 3 SOUND PRODUCTION The Sounds Of My Mentors Beautiful Piano Sound ENERGY Weight and Force Dropping vs. Hitting Exercise 14a – Finger Drop Exercise 14b – Finger Drop Onto Keys Exercise 15b – Wrist Drop Exercise 15b – Elbow Drop Exercise 15c – Shoulder Drop Exercise 16 – Whole Arm Drop Decide for Yourself Playing Chords with Accuracy Exercise 17 – Chord Drop Some Suggestions For Building Chord Vocabulary Producing A Singing Melodic Tone	
CHAPTER 3 SOUND PRODUCTION The Sounds Of My Mentors Beautiful Piano Sound ENERGY Weight and Force Dropping vs. Hitting. Exercise 14a – Finger Drop Exercise 14b – Finger Drop Onto Keys. Exercise 15a – Wrist Drop. Exercise 15b – Elbow Drop Exercise 15c – Shoulder Drop Exercise 15c – Shoulder Drop Decide for Yourself Playing Chords with Accuracy Exercise 17 – Chord Drop Some Suggestions For Building Chord Vocabulary Producing A Singing Melodic Tone Projecting One Tone	
CHAPTER 3 SOUND PRODUCTION The Sounds Of My Mentors Beautiful Piano Sound ENERGY Weight and Force Dropping vs. Hitting Exercise 14a – Finger Drop Exercise 14b – Finger Drop Onto Keys Exercise 15b – Wrist Drop Exercise 15b – Elbow Drop Exercise 15c – Shoulder Drop Exercise 16 – Whole Arm Drop Decide for Yourself Playing Chords with Accuracy Exercise 17 – Chord Drop Some Suggestions For Building Chord Vocabulary Producing A Singing Melodic Tone	

Projecting Tones Within a Chord	
Linking Tones	
Evident	67
Evident	68
Independent Project	69
Devotion	70 75 80
Devotion	84
Chapter 4	85
Есоному	85
A Personal Quest. Pollon Ryerson. Move to New York City Beirach Santamaria On and Off the Road. Mom's Death Rollins, Harper and others Bandleading and Performing, and Composing with Seletsky Creating Course Realizations. Teaching Yoga Economy of Mind A Misstep Trauma and Depression Dad's Death, Uprooting, Divorce – and Depression Sideman and Teaching Activity – My Lifeline to Reality Meditation and Recovery Transformation Lessons I Learned	
Body Awareness Mindfulness of Body Mindfulness of Mind Intent vs. Reflex Exercise 21– Involuntary Movement	95 95 96
The Wrist, Thumb and 5 th Finger	100

Thumb Crossing Study Tips)
Leading Outward With The Wrist	
The Crab Walk	
The 5 th Finger	
Exercise 25 – 5 th Finger Tension Tamer	;
Fingering	
Language	
Foundations of Fingering	
Aural Development	
Patterns and Originality	
Principles of Fingering	
Exercise 26 – Assigning Fingering to a Solo Transcription)
Smoke	7
Smoke	7
Exercise 27 – Practicing Morning Flower	1
Exercise 27 Tracticing Morning Hower	,
Morning Flower	l
CHAPTER 5	3
EXPRESSION	5
Value-neutral Vibration	3
Music: Sound in Silence	3
Finding Balance	3
A New Perspective	1
Sound Modifiers	1
Musical Expression	
Good Delivery	
The Development of Texts	_
The Development of Taste	
Folk Music120Jazz and Blues120	
Classical Music	
Other Resources	
Offici Resources	,
The Study of Expressive Skills	7
Practicing Quantitative Expressions	7
"Eyeglasses" Scale Practice Format	
Scale Types	
Practicing in Twelve Keys; Key Cycles	
Abundant Possibilities	
Exercise 28: Dynamics	9
Suggestions for Practicing Dynamics	9
Exercise 29: Tempo	1
Suggestions for Practicing Tempi	
Exercise 30: Single-note Articulations	
Suggestions for Practicing Articulations	3

Practicing Qualitative Expressions
Question 1: What is a musical phrase?
A Rhythmic Phrase
A Melodic Phrase
A Harmonic Phrase
A Composite Phrase
Question 2: What is phrasing?
Examining Rhythmic Details of Phrasing for Expression
Examining Pitch Details of Phrasing for Expression
Morning Flower (excerpt)
What are the expressive characteristics of phrasing; and, what specific practice techniques
promote expressive phrasing?
Phrase Expression Analysis and Practice Agenda
Thrase Expression Analysis and Fractice Agenda
Waiting For Flora
Phrasing and Rhythmic Features
Waiting For Flora
Rhythmic Phrasing Practice Methods14
Rhythmic Phrasing Practice Agenda
Phrasing and Pitch Features
Waiting For Flora
Pitch Phrasing Practice Methods
Pitch Phrasing Practice Agenda
Vocal Rhythmic Phrasing
Relationship of Vocal Phrasing to Instrumental Expression
Rhythmic Vocal Practice
Exercise 32: Chord Articulations
Group One Chord Articulations: Staccato, Tenuto and Accents
Practicing Group One Chord Articulations15
Group Two Chord Articulations: Trills, Grace Notes and Finger Legato
Practicing Group Two Chord Articulations15
Chord Trills
Grace Notes
Finger Legato
Exercise 33: Effects – Rolling, Arpeggio, Tremolo, Glissando
Rolling
Arpeggio
Tremolo
Glissando
Exercise 34: Pedaling
The Soft Pedal
Using The Soft Pedal
The Damper Pedal
Using The Damper Pedal
Middle Pedal
Using The Middle Pedal

Upright Pianos163Using The Pedals on Upright Pianos163
Melodic Projection Through Legato and Full Duration
Sight-reading Practice
Ode
In Closing
APPENDIX
Chapter 2 – Exercises Away From the Piano174Yogic hand contractions174One-Handed Basic Sequence (Slow)174Two-Handed Coordinated Sequence (Fast)174Cowling Exercises174One Hand Basic Sequence (Slow)175One Hand Sequences of Paired Fingers (Slow)175Two Hand Coordinated Sequence (Fast)175
Cowling Exercises
Closed positions
Smoke With transcribed solo and fingerings, transposed to 11 keys