

Soften the muscles of your face and neck. Let your eyes take in more notes. Think of the circles a stone makes when it falls in a pond as you gradually let your eyes see more notes. These are concentric circles, one circle bigger than the next, and the next, and the next. Let the circles go beyond the notes to include you and your instrument. Let them expand into the room – or beyond! What changes in your body as you think concentric rather than concentrate? Draw or describe what this feels like. Is this feeling familiar?

CHALLENGE:

Tune in to the times you are thinking concentrate and choose instead to think concentric. Keep records of the times you have experienced a change.