



The eyes have it

Believing is Seeing

Did you read this in the correct order? Sometimes your brain rearranges pictures to fit what you expect to see. Sometimes you may narrow your vision without realizing it, and you may miss something wonderful. Sometimes you may decide to concentrate on purpose and also miss something wonderful.

A good friend and riding teacher once told me,
“Your eyes are your commitment.”

This is because the rider makes small changes when changing his or her view. The horse learns to change directions based on these subtle clues.

Your body responds to small changes in your vision when you are making music. Some of these changes can result in tense movement. Some of them can be very freeing. Some of these are just habits that aren't very useful.

Go to your instrument, and place a piece of music in performance position. Can you see it well? Do you need special glasses when you play? Can you adjust your music stand to improve the angle of sight? Decide to concentrate on a few notes on the page. What changes in your body? Notice especially what happens to your neck and the muscles of your face.

Describe or draw a picture of the way your body feels when you concentrate. Is this a familiar feeling?