



Deborah Henson-Conant's "Strings of Passion" are the principles of creativity that take you from creative impulse to lift-off - whether you're playing a simple classic melody, improvising at bedside, or performing your own concert.

These notes will help you reconnect to what you learned in the webinar.

1. Impulse The desire to touch, to be, to do, to create, to discover

2. Structure The power of internal flexible structure to be a catalyst for creation - and infinite recreation

3. Character It's the flavor, the scent, the expression - the ineffable that gives meaning to the concrete

4. Roles A. Leadership & Followership are two of the roles B. In music, the roles of bass, accompaniment or melody allow us to freely improvise together ~ As we play a different role, different perspectives are revealed C. A role, like an archetype, can connect you to knowing what you don't *know* you know, to reveal a deeper - or just different 'you'

5. Practice You have to be bad to be good ~ Knowing made physical - Physicalize to know ~ Don't try to get it - let it get to you

6. Deconstruction Structure, deconstructed, becomes a framework for new creation ~ Each translation to a new medium, each distillation, each incisive question shows more truth

7. Lift-Off In the moment of performance, we drop the conscious practice, and trust that part of our practice that has become us. We speak fluently in a language where perfection is irrelevant because all we are doing - in our vulnerability - is revealing one answer to the question of what it means to be human. That's all we truly want to know

Take the full 10-Week "Strings of Passion" program and transform your ability to connect with your creative expression and expand your musicality..

Because the power of creative expression isn't in the notes, the style of music you play, or how long you've been playing. It's in your connection to the music that's IN YOU - and your ability to express it.

StringsOfPassion.com

What are YOUR "Strings of Passion"

① Impulse *The desire to touch, to be, to do, to create, to discover*

Take
Action

Feel the impulse of each note and expand it physically. Remember your earliest musical impulses.: to do, to be, to touch., to make sound. Truly *glory* in that aspect of your playing.

② Structure *The string in the sugar-water - The power of flexible internal structure*

Take
Action

What is the structure of the piece you're playing? What was the original intention? What's the essential, simple structure at the heart of it?

③ Character *The flavor, the scent, the expression - that which makes things different*

Take
Action

HOW are you playing each note, each phrase? What is the character and why? What story is each note and each part of the piece telling? How can you give that story more character?

④ Roles *1. Leadership & Followership 2. Collaborative or team roles help us freely improvise together 3. Archetypes or roles we take on expand our experience and expression*

Take
Action

Follow the lead of your impulse.
- Play with others using roles and then switch those roles on cue
- Explore being in the world as the you you dare not be ~ or as someone ... or something ... else

⑤ Practice *You have to be bad to be good. Knowing made physical - Physicalizing to know. Create Conducive Conditions. Don't try to get it - let it get to you*

Action

Codify your practice. Create a practice chart to check off each day. Create a practice kit of the tools that help you practice. Outline your daily practices. Touch them - if only for 30 seconds. Practice showing up consistently in the areas of life you value.

⑥ Deconstruction *Structure, deconstructed, becomes a distilled framework for new creation ~ Each translation to a new medium, each distillation, each incisive question shows more truth*

Take
Action

Draw the structure of your piece. Color the bassline, the melody - circle the repetitions. Deconstruct the parts of the piece. Leave parts out to shorten it. Expand one part by improvising over the bassline of it or adding embellishment to the melody.

⑦ Lift-Off *In the moment of performance, we drop the conscious practice, and trust that part of our practice that has become us. We speak fluently in a language where perfection is irrelevant because all we are doing - in our vulnerability - is revealing our humanity - the one thing that empowers, inspires and liberates us all.*

Take
Action

Surrender to exactly who and how you are this very moment and play into the richness of exactly what that is right this moment. Forget everything that isn't intuitive. Let go of everything you haven't gotten and simply PLAY what you CAN right now, right here, exactly as you are.

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