

## MEETING FORMAT

1. **Greeting**
2. **Snippet Play:** We learn an improv snippet & play it
3. **Read the preamble, focus, goals & principles** while people play.
4. **Takeaways & Discussion** – what did you discover? What did you experience of yourself, your instrument, your experience as you bring the principles of creative resonance into your playing? Which strings/principles did you use? How did you apply them to your practice or performance? Add it to your Playbook
5. **Announcements about what's NEW in Academy**
6. **Quick review** of what we're doing in class
7. **Answer questions** about what you've just done or are doing now
8. **Review homework** together (everyone's favorite part!)
9. **Breakout Rooms** - Share how you will USE what you discovered today
10. **What's coming up** this week

## GREETING

Welcome to this Visions, Goals & Tools Masterclass of Hip Harp Academy. Bring yourself, your unique visions, goals & artistry – and ask for the help you need. You can ask me, you can ask yourself to reveal what you need to know today, you can just show up and be open – these are all ways of being present and being open to what *you* need to hear. My name is \_\_\_\_\_, and I will be your moderator for today.

Before we start, we'll need 5 people to read the preamble, focus, goals & principles:

A \_\_\_\_\_ B \_\_\_\_\_ C \_\_\_\_\_ D \_\_\_\_\_ E \_\_\_\_\_

## SNIPPET TRAINING

We learn today's improv snippet – and then play it while the readers read.

## PREAMBLE

**[A]** Our Motto is "Connection Not Perfection. Don't do more. Hide less." We are a group of musicians and artists committed to using our genius and talents to bring our inner creative landscapes to the outside world so the world can experience what is inside us. This is what we believe we, as artists, are here to do.

## SESSION FOCUS AND GOAL

**[B]** Our focus and goal for this session is to further our understanding and ability to fulfill a life of invention and alchemy. Invention is the soul of individual creativity ~ alchemy is the magic of a life lived in collaboration, when our invention is breathed into life with others ~ our gifts are revealed as we discover them through sharing them.

## PRINCIPLES OF CREATIVE RESONANCE (7 Strings of Passion)

**[C]** As we engage the principles of creative resonance, the instrument of our creative expression builds on the inside. As it builds on the inside it resonates on the outside, rich with the colors of who we are. As we become more and more connected, the inner experience to the outer expression our inner world is revealed to others - and to ourselves. This is what we, as artists, are here to do.

These are the 7 principles of Creative Resonance that take us from creative impulse to creative expression and can be engaged in any order:

1. **[D] Impulse** - the desire to touch, to do, to be, to play. This impulse is a response to something that touches us – and we respond.
2. **Structure** - the principles that support creative expression. The internal flexible structure on which the muscle and flesh of creative expression grows.
3. **Character** - the richness of how you tell the story

These first three principles of creative expression allow you to express yourself creatively *without any specific skills*.

4. **[E] Roles** allow you to differentiate and collaborate: bass, accompaniment, melody; conductor and soloist; leader and follower; player and instrument  
**Roles plus Structure allow you to collaborate *spontaneously***. This is why a jazz player, baseball player, or chess player can go anywhere in the world and play with another jazz player, baseball player or chess player. They are playing a role within a structure, which gives them creative freedom.  
**[A] When you can DIFFERENTIATE roles or parts**, complexity lifts and collaboration begins – you are in *relationship*.  
**When you take on a role** as an archetype, it opens up new realms of character
5. **Practice** - We break things down, so we can 'get' them. We develop a *practice* so that *WE can break down* inside the practice and let *it* get to us.
6. **[B] Deconstruction and distillation**. We deconstruct and distill to find the essence of what we're doing, separate from its details and embellishments. Once deconstructed, creative ideas are *released from being expressed a specific way*. They can emerge as *anything – over and over, new 'anythings'*.
7. **[C] Lift off**. The moment we unite surrender with action, we let go of crafting and developing. We embody ourselves, exactly as we are right now - and let ourselves be revealed as an expression of *who* we are, without judgement.

## SESSION GUIDELINES

The Principle of Creative Resonance - the strings of passion - will activate and enrich our creative expression at any moment. Choose one or two and think about them today as you play or observe others playing.

## WRAP UP

Thank you all for sharing yourself and your creativity with this community. Thank you for your willingness and open-hearted support of each other and everyone in this group.

## CLOSING

I am \_\_\_\_\_ and thank you all for playing with me today. Remember our motto: Connection not Perfection. Don't do more. Hide less.