

Charlie Bertini's EXCELLENCE IN MUSIC PERFORMANCE

I. MECHANICAL & PHYSICAL ASPECTS

1. instrument must be in best playing condition
2. body must be in best physical health
 - a. take care of your teeth
 - b. take care of your ears
 - c. athletic discipline – diet, rest, exercise
 - d. music is made with EVERY CELL of your body

II. MENTAL & EMOTIONAL ASPECTS

Mental:

1. have a clear purpose for music (“yoga mindfulness”)
2. the music is perfect
3. eliminate mental garbage
4. rely on WHAT YOU KNOW instead of WHAT YOU FEAR
5. your mind is the true player

Emotional:

1. fear is a trick made up by your mind
2. confidence is imperative
3. play every phrase with passion
4. create emotion in your audience
5. BECOME the music

III. MUSICAL & SPIRITUAL ASPECTS

1. rhythm is the most important common factor in music
2. music is universal
3. your sound begins as a preconceived idea
4. your sound is your signature
5. music is inspirational, therefore powerful
6. music provides us with a connection to spirit
7. music is A GIFT
 - a. we are the luckiest people on Earth
 - b. we have an unlimited supply of music
 - c. no amount of participation can use up this gift
 - d. we have been chosen to give this gift away
 - e. the more we give, the more we receive