

Visualization

Visualization, or practicing in “my head” is a technique I have been using all of my musical life. I can actually think of something I have memorized, or put music on the stand, and play and sing my song on an imaginary violin. This can happen anywhere.

Instruct your child to imagine a perfect spot and environment for practicing, and they can be as creative as they like in their imagination. It may be a field or on a boat, on a mountain or in their bedroom. Then simply have the child play the song in their head while miming the actual playing techniques. You will be free from mistakes and have flawless sound in your mind.

You can imagine an audience of your choice or no audience at all— anywhere in the world, anytime. You can play without tension or worry or fear. You can have beautiful vibrato, perfect timing and pitch. You can hear the audience applauding your

talent and enjoy the moment. Singing your part out loud or in your head while miming playing is essential and freeing.