

Advanced Improv Practice Guide

Ron Miller, 1991

Before starting your daily practice routine, read and seriously consider the following:

A. DAILY AFFIRMATIONS

1. *How fortunate I am that in this life I am one who has been allowed to create beauty with music.*
2. *It is my responsibility to create peace, beauty and love with music.*

B. I WILL BE KIND TO MYSELF

1. *IT IS ONLY MUSIC*
2. *No matter the level of my musical development, how good or bad I think I play, it is only music and I am a beautiful person.*
3. *I will not compare myself with my colleagues, if they play beautifully I will enjoy it and be thankful and proud that I am a member of their brotherhood.*
4. *There will always be someone more musical abilities than my own as there will be those with less.*

C. REASONS TO PLAY MUSIC

1. *To contribute to the world's spiritual growth.*
2. *To contribute to my own self-discovery and spiritual growth.*
3. *To pay homage to all great musicians, past and present who have added beauty to the world.*

D. RID YOUR SELF OF THE FOLLOWING REASONS FOR BEING A MUSICIAN

- | | |
|---------------------------------|---------------------------------|
| 1. <i>to create self-esteem</i> | 2. <i>to be "hip"</i> |
| 3. <i>to manipulate</i> | 4. <i>to get rich or famous</i> |