

Mental training for musicians - excellence in performance

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Abstract: *As any musician's goal is to achieve excellency in interpretation in order to receive public's appreciation of its performances, mental training can open the door to its inner creative energy flow that conceals behind restricted patterns. A musician's training must include more than individual exercise on the instrument. Many performing musicians experience a marked difference in their performance level in either a stressful situation such as an important concert or even in a non-stressful practice situation. The difference can vary considerably. As the timeframe is limited and proper study is not always available, the environmental reasons and fatigue affect the artist both, mentally and physically. Therefore, the possibilities to study and perform up to a certain qualitative level it becomes difficult. Moreover, many talented performers have been forced to give up their career because of a mental block, high stress or strong anxiety. Mental training exercises bring energy that can be canalized into the music and strengthen the music performance, memory, creativity, attention and self-confidence. These exercises are of help dealing with stress and accumulation of adrenalin from traumatic performance experiences. And, although diverse methods are available the mental representation and imaginary training have, certainly, best results in performing.*

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