

Staring

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1. Staring is concentration
2. The intensity of concentration is determined by the mental force of the stare.
3. Staring locks all mental and physical processes almost to a standstill.
4. Staring centralizes all your capabilities to one focal point.
5. The ability or degree of concentration (staring) is mental direction.
6. As an individual, you have a two-way system of productivity: what you have already learned or computerized and your ability to visualize through staring.
7. Improved playing can be achieved by better concentration through staring.
8. Staring blocks out the external environment.
9. Staring is one of your strongest powers; it is mental muscle.
10. Your eyes reveal the tone of your body language and to what degree of communicative enforcement.

Degrees of Staring

1. Dream state; languid, lacks direction, vigor and spirit.
2. Locked stare; supports concentration, a good level.
3. Emotional locked stare; emotionally summons your total fight syndrome to function at your highest level of authority.

Common Expressions

The painting stares out at you
Stare someone down
Overcome by the way he stared at me
The deadline is staring me in the face
Has a glassy stare
Has a cold stare
Downcast
If looks could kill
You could see it in her eyes
Eyes are the window of the soul
Far-away look
Dreamy look
Have eyes and see not
There was a look of bewilderment in her eyes
A look of madness in his eyes
Your eyes reveal your every emotion
You can only be hypnotized through your eyes
Svengali, Rasputin

Philosophy of Practice

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Practice to practice

Fulfilling a time requirement
Commitment to a routine

Mechanical practice

Repetition of mechanical work
Learning the music mechanically
Regimenting your facilities
Repetition for assurance
Repetition is merely a repeat of what you already know

Corrective practice

Deciphering why it does not work
Knowing what to look for
Study body language
Study your body posture
Evaluating the amount of air intake
Why you cannot take in more air (posture or tension)
Are the lips controlling the air column
Mentally making physical adjustments
Coordinating the mental and physical changes (putting it together)
Correct practice makes for more perfection

Creative Practice

Evaluating your mental attitude
Do you have some visual concept
The use of imagery
Practicing bio-feedback

CONTROLLING HYPERSTIMULATION

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1. Muscle contraction test (a) severe, (b) midway, (c) slight
2. Stare directly ahead
3. Breathing: slow down to four per minute
4. Float, drift, daydream, body lightness, aloft in a balloon, floating on water
5. Self-hypnosis, nonawareness and achieving a dream state
6. Talk your problems, reverse negative thinking to positive action
7. Visualize, for images stare right upward, for sounds stare directly right
8. Your body has a two way system of productivity: what you have computerized or your ability to visualize

LAWS

Hold anxiety to a comfortable level to control arousal impulses

Too much arousal is linked to lack of concentration and self-confidence

Anxiety creates mental and muscle tension; you are exceeding the tempo

Lack of concentration lowers self-confidence

Never toy with images of past failures. Play a failure and then turn switch to positive action

Always relive past successes

Sensory images are transformed into physical patterns

The mind does not store images - only memories. One image triggers the memory bank

Tune out distractions

Playing is in the mind, not in the muscles

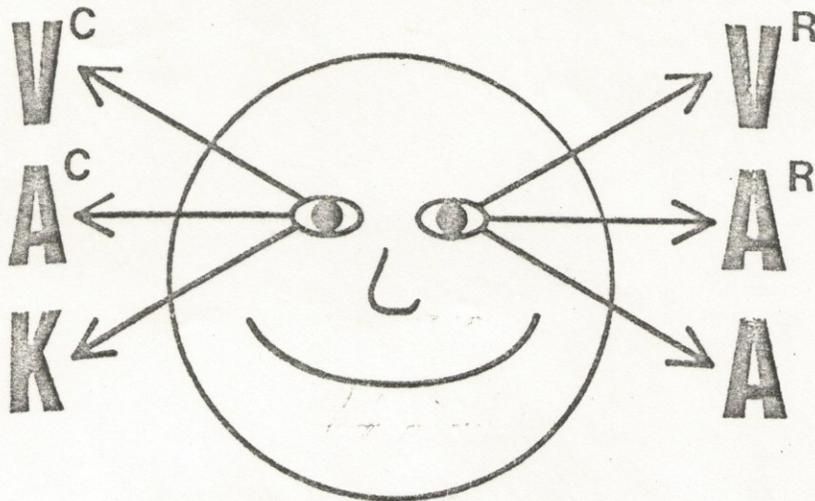
Errors are not physical but evidence of strife and confusion

Fear weakens internal and external systems

Fear is the lack of faith. Assert yourself strongly, be aroused, fight

UNDERSTANDING BODY LANGUAGE (EYES)

Visual accessing cues for a "normally organized" right-handed person.



V^C Visual constructed images. V^R Visual remembered (eidetic) images.

(Eyes defocused and unmoving also indicates visual accessing.)

A^C Auditory constructed sounds or words. A^R Auditory remembered sounds or words.

K Kinesthetic feelings (also smell and taste). A Auditory sounds or words.

Diagram by Bandler & Grinder, Neuro Linguistic Program.

EYE LANGUAGE

Staring straight ahead - utmost in concentration
Staring right - recall of musical sounds
Staring right and upward - recall of images
Meeting someone eye to eye - evaluating mood and type of personality
Wink - fooling, trickery, not quite honest
Squint - askance, questioning, lacking understanding
Wide eyed - amazement, astonishment, surprise
Looking down - cloaking yourself, hiding, cannot face it
Looking up - uplifting, admiration
Eyes half closed - hooded, will not reveal inner self, not forthright
Eyes three-quarters open - flirting, teasing
Frowning with pinched eyes - disapproval, questioning
Narrowing eyelids and staring hard to the right - suspicious, monitoring
Normal opening - hides nothing in the personality, you are an open book
Dreamy and casual - lacking drive, motivation and determination

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PRESS ON

NOTHING IN THE WORLD CAN
TAKE THE PLACE OF PERSIS-
TENCE. TALENT WILL NOT;
NOTHING IS MORE COMMON
THAN UNSUCCESSFUL MEN
WITH TALENT. GENIUS WILL
NOT; UNREWARDED GENIUS
IS ALMOST A PROVERB.
EDUCATION ALONE WILL NOT;
THE WORLD IS FULL OF ED-
UCATED DERELICTS. PER-
SISTENCE AND DETERMINATION
ALONE ARE OMNIPOTENT.