

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 community.
4. There will always be someone with 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

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