

Looks Sounds & Feels

You, yourself, as much as anybody in the entire universe, deserve your love and affection. ~ Buddha

When learning anything focus on how it

[Looks Sounds & Feels.](#) [Say it - Hear it - Play it!](#)

Have an open focus, an inclusive awareness, use all "4" of your ears as you practice and perform.

All of the latest brain studies show that using [Looks Sounds & Feels](#) will help you learn much faster and more effectively.

I. Choose a passage of music.

1st time - Focus on how it [looks](#) on the page. [Notice all the patterns, sequences, shapes, rhythms, dynamics, words, articulations, key and time signatures...](#)

2nd time - Focus on how it [sounds](#). Listen with [new ears](#). Like it is the first time you have ever heard this amazing musical passage.

3rd time - Focus on how it [feels](#) to play this music, in your hands and whole body.

2. Play passage again and see if you can see how it [looks](#) & hear how it [sounds](#).

3. This time see if you are aware of how it [feels](#) & [sounds](#).

4. [Say it - Hear it - Play it!](#) Play and notice all **three!** [Looks Sounds & Feels.](#) [Say it - Hear it - Play it!](#)

More Ideas: [Listen: Joshua Smith, flute](#) [CD: Sonatas- J.S. Bach](#) [Look: Joshua Smith, Bach Sonatas](#)

Breath Line - Flute Line

You have all the time and space you need ~ here ~ and between the notes ~ Jennifer Keeney

[Breath Line - Flute Line](#), helps connect the [breath](#) with the musical [line](#). Like a [bow](#) on a string instrument.

It is a simple concept and movement. [Move your flute](#), (without stopping,) on a horizontal plane, or your body in a circle to the left - [through the whole phrase you are playing](#). [The breath and the flute never stop](#). Do this with a big movement or a very subtle movement. Do not to perform this way, this is a practice technique. [Use your flute](#) as a [mirror](#) of your [breath and the musical line](#). [BL - FL](#) are one and the same.

1. Awareness of breath and control of the musical line.
2. Smooths out the "bumps" in phrasing.
3. Frees the body and breath, to become more, fluid, free, horizontal, natural...
4. Deletes the bouncing movement that many people have, which has nothing to do with the musical line.

Practice Ideas using [Breath Line - Flute Line](#):

1. use during your warm up on long tones to get a feeling for [flowing breath](#) and the [control](#) of musical line .
2. Having trouble making the breathing in your phrase? Not keeping energy through the phrase? [BL - FL](#) will show you where you stop your breath. If you get to the end of your [flute movement](#) before the end of the phrase, this shows where you have used too much of your [breath](#) and teaches you to be more gradual in releasing your air.
3. Tricky technical passage? [BL - FL](#) will release your fingers and allow the organic flow of the rhythm and notes.
4. Multiple and single tonguing will remind you to keep the [breath](#) moving as you tongue and move your fingers.

More Ideas: Is how you are moving expressing the music or just a habitual movement?

Listen: [Lorraine Hunt Lieberson](#) **CD:** [Aria Ombra mai fu - Handel](#) **Look:** [Aria Ombra mai fu - Handel](#)