

FROM PRESSURE TO FREEDOM

After a major performance, most pianists feel relief — and perhaps exhaustion.

It's natural that the last thing you want to do the next morning is play through the same program again.

Your mind may resist — especially if the concert carried strong emotions, fear, or past trauma related to performing. It will try to protect you from reliving that experience.

But this is precisely the moment when playing through the program again can bring profound change.

You see, throughout your practice and performances, there has always been a subtle pressure — the quiet need to be “good enough” when it really mattered.

Even when you were seeking freedom, it was often under the weight of expectation.

And as long as that pressure remained, you could never completely let go — never truly open and play for yourself alone.

Now that the pressure of stress has been lifted, it feels as though invisible chains that once wrapped around your energy — your aura — have quietly fallen away.

You may sense your energy field beginning to expand, gently but powerfully, radiating in wider and freer waves around you.

It's as if something that once restricted your natural bloom has finally been removed — and the whole flower of your being can now open fully, radiating beauty, ease, and freedom.

So I encourage you to make this small experiment:

Play your program once more, at home, only for yourself.

No agenda.

No pressure.

There seems to be a natural mechanism behind this process.

When you perform under high responsibility, the intensity of that experience imprints the music deeply into the subconscious and the body, and your playing gains a new level of freedom and authenticity.

This simple act of playing for yourself reconnects you with the deepest purpose of music — not performance, but expression, presence, and freedom.