

PRE-PRACTICE MINDSET SESSION

If you're drawn to this teaching, chances are you've experienced some form of trauma around piano practice or performance. Perhaps it's shown up as stage fright, frustration, low confidence, or even physical injuries—manifestations of deeper emotional patterns.

These mindset sessions are here to support your healing. They're designed to help you uncover habits and coping mechanisms that may have once served you, but now hold you back—and to gently release them.

As you move through this process, you'll begin to let go of internal resistance and reconnect with feelings like safety, peace, acceptance, warmth, and groundedness. These inner states aren't just helpful—they are essential. Without them, no technique, however refined, can bring lasting recovery or joy in playing.

Because piano practice is never just physical.

It's never just about mastering efficient hand motion, developing mental rehearsal, refining arm weight, or shaping phrasing and form.

All of that matters, yes—but what matters more is the energy behind it.

And if your relationship with the piano has been shaped by years of pressure or fear, then chances are you still carry that energy into each note you play.

This is why these sessions begin with the inner work.

They focus on two core practices:

- Journaling and guided meditations to identify and release old patterns, while clarifying your real emotional needs.
- Bringing those needs—those energies of comfort, safety, and love—into every note you imagine and every phrase you internally sing.

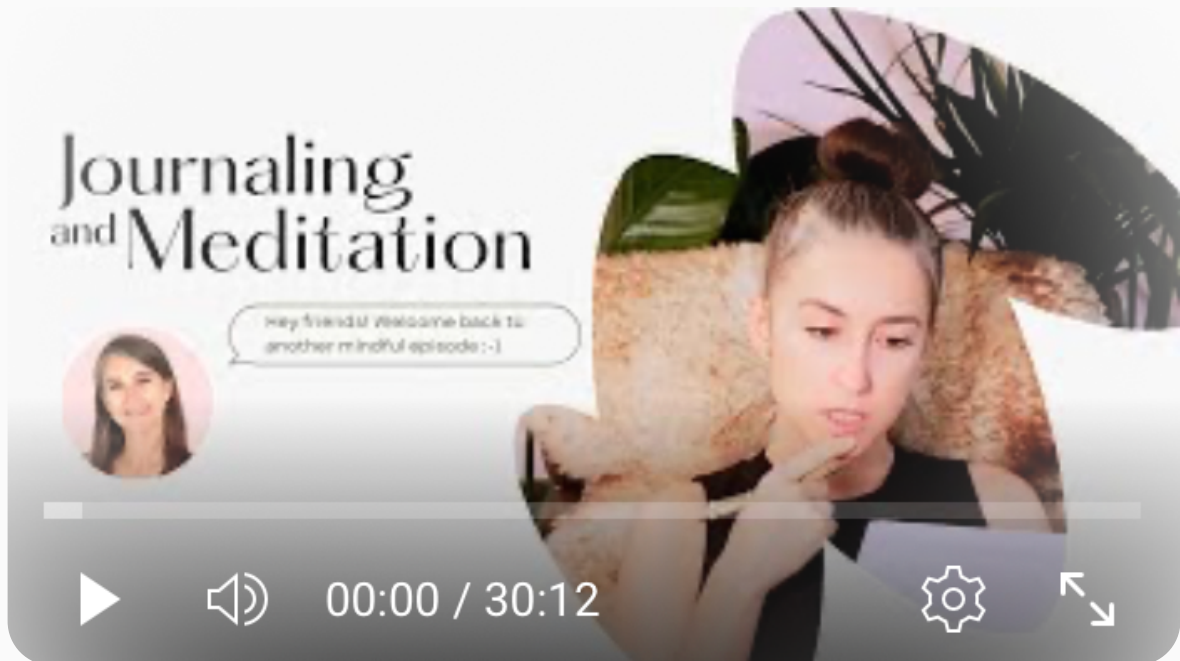
As you do this, something begins to shift. You start to feel whole—not because you've done everything right or reached a milestone, but simply because you're meeting yourself where it matters most. You stop chasing recognition or proof of your worth. You stop needing the music to fix you.

Instead, your practice becomes the place where healing happens. A place where you can finally rest, exhale, and begin to feel free.

Meditations	• 'Gamma' breathing • 'Gratitude' guided meditation, with crystal bowls at 432hz (optional Gamma waves) • 'Energy Ascension' guided meditation, with crystal bowls at 432hz (optional Gamma waves)
Journaling	• 'Empathy' journaling exercise • 'Core Beliefs' journaling exercise, with Beethoven's music in 432hz to release negative beliefs • 'Manifestation' journaling exercise

SAMPLE SESSIONS

NO. 1



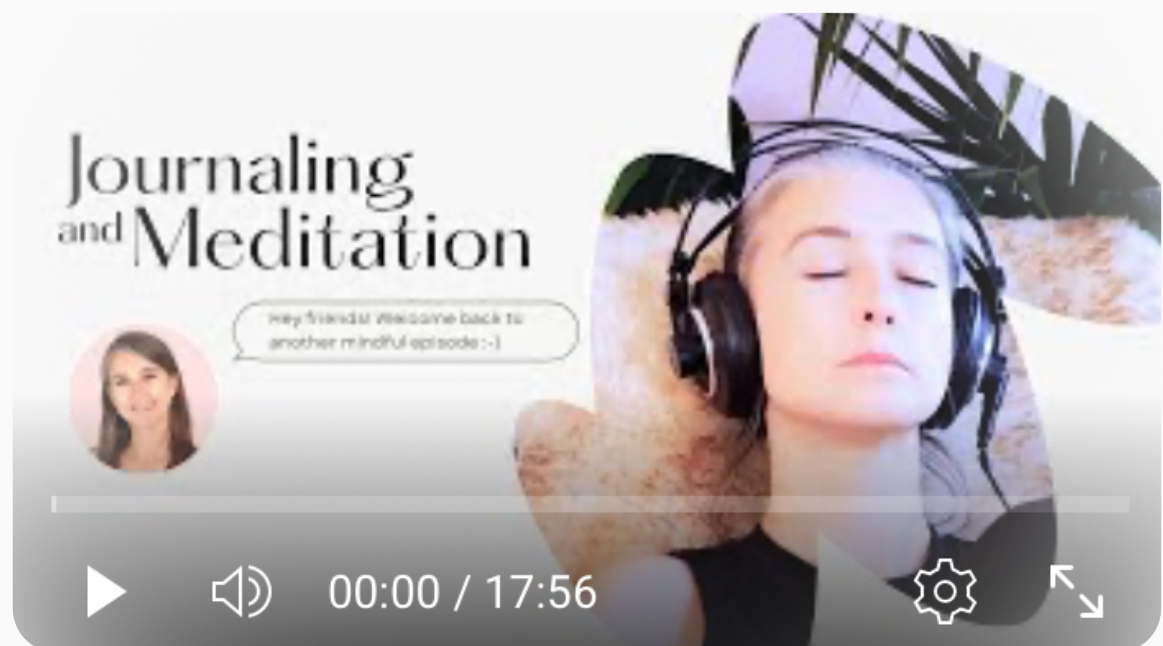
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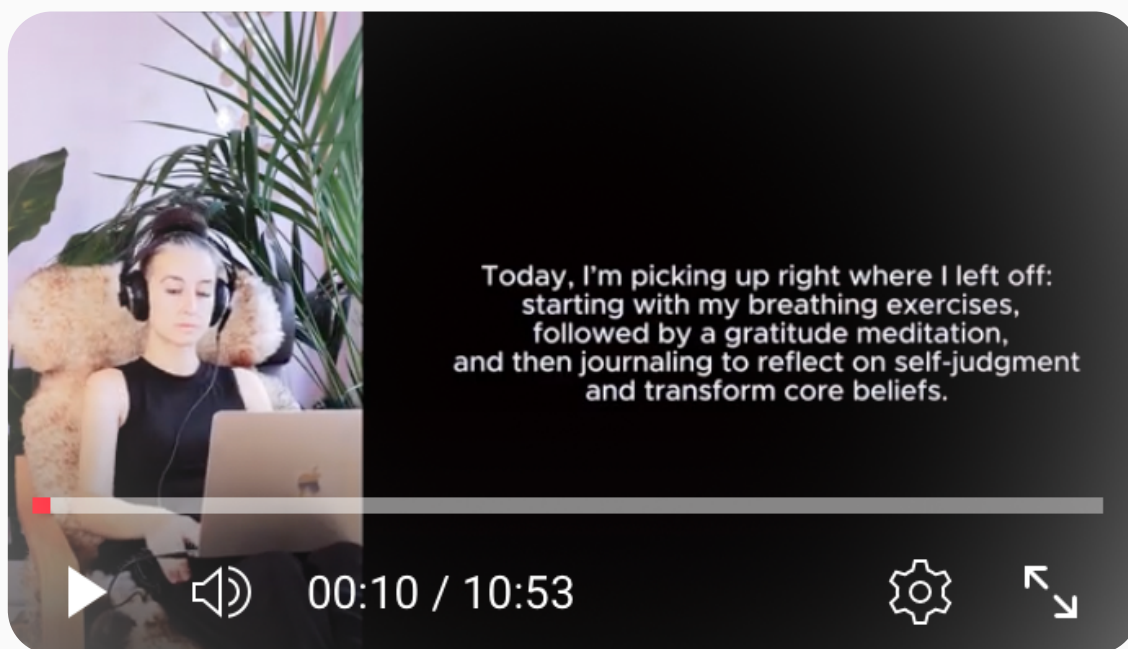
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