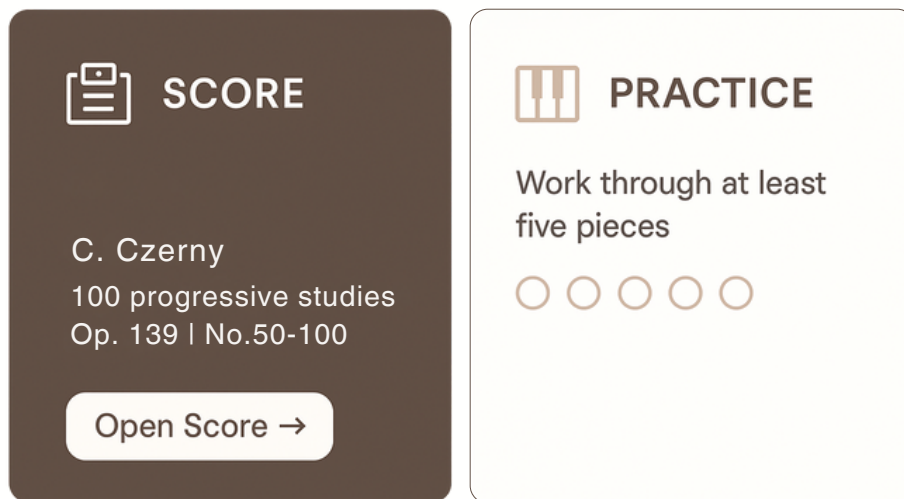




Bringing It All Together

In this final chapter of Volume I, we will bring together all the musical elements we have studied so far: the mindset sessions, wrist and elbow motion, sound imagination, inner singing, arm weight, and posture.

These form the foundation of healthy technique and controlled tone production — the essential base for all future work.

Even though it may have taken you about two months to study these elements diligently through the Theory, Exercise, and Practice videos, you'll soon discover that, when applying them to new pieces as part of the Pianowell practice approach, they will take much less time to revisit.

Believe it or not, in a piece of three to four pages from the advanced repertoire, you will be able to apply all these principles within about four-five hours spread over the first two days of work.

So, don't feel overwhelmed.

Knowing this, give yourself all the time you need to refine and polish these essential musical elements before moving on to the next Volumes of the program.

In this chapter, we will also reintroduce sound imagination into our practice — a skill developed earlier, which we set aside for a while as we focused on intonation, arm weight, and posture.

This element will now allow you to shape your tone through touch and active fingertips, translating your sound imagination — of both sound texture and sound movement — directly into the keyboard.

Once again, since more refined nuances such as harmony color, dynamics, and voicing will be explored in depth in the next Volume, for now we will simply focus on achieving an even, balanced tone.

The First Two Days of Real Practice

Up to this point in the program, during the practice sections of our lessons, we have been following a very detailed — sometimes even overly detailed — step-by-step process.

These steps were essential for training and practicing completely new elements in your playing — physical, mental, and vocal.

In this section, you will no longer receive detailed reminders about the exact sequence of steps, or explanations for each element of practice. The following instructions are presented as if you were approaching a new piece of music for the first time. And this is exactly the sequence you would follow during the first two days of your practice — except for articulations, which we will explore in depth in the next Volume.

In the PianoWell Recovery Program book, which also includes the videos you see here, I've included examples from my own two-day practice sessions with advanced repertoire — to let you experience how all of this comes together in real practice.

These two days are usually the most demanding and overwhelming — they require focus, time, and patience. The remaining seven days of the process, as you'll discover later in this program, are far less intense and take much less time — yet they are entirely built upon the foundation you establish in these first two days.

Key Points to Remember

Hands Separate

- Play at a slow, steady tempo.
- Keep gently returning your focus to sound imagination while playing. Avoid letting your fingers move faster than your attention—let your mind lead your hands.
- Play softly and connected, using legato (portamento-style intonation) as your default articulation to keep your hands and tone relaxed.

Hands Together

- If you find yourself losing focus in sound imagination in either hand or notice that your 3D wrist motion becomes unclear, return to hands-separate practice. This simply means your muscle memory and subconscious may need a bit more time to fully absorb the new movement. Give it the space it needs—clarity will come through repetition with attention.
 - Make sure that when playing with both hands, you take enough time before playing any intervals or chords. Allow yourself to be fully prepared in your mind before touching the keys.
- If imagining polyphonic textures still feels challenging, continue imagining the notes sequentially at first, gradually reducing the time between them. As soon as you can clearly hear all the notes together — play them with your hands.

MARKING THE SCORE	
Day 1 <i><u>Practice Session: A Live Example</u></i>	
Fingering Position-Change Notes <i>Markings</i>	• Write down the fingering in the score as you play using an intuitive pedal. • Mark position-change notes and add the pedal indications in the score.
<i>Optional</i>	
Hand Motion	You may play through the piece using 3D wrist motion and elbow motion, gently releasing the fingers on the circled notes. Later, once you feel confident with these skills, this step will no longer be necessary. Instead, on the following day, you'll move straight to playing with correct hand motion — after first imagining every note in its sound texture.

HANDS SEPARATE

Day 2

Practice Session: A Live Example

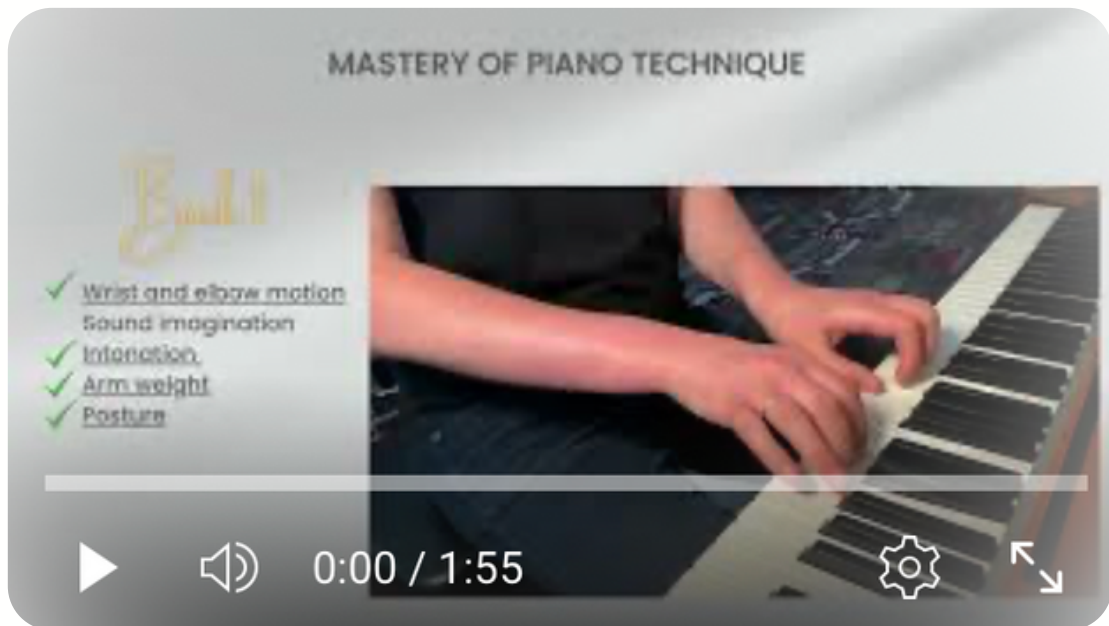
Play at a slow tempo, keeping the rhythm but without adding dynamics or articulations.
This time, you can move on to practicing each step throughout the entire piece,
without limiting your work to four-bar sections.

Optional

*If you still feel uncertain about your needs or the emotions behind your dreams, continue with the following step.
If you've already done this exercise before and feel clear, positive, and confident about what you're about to bring into your imagined sound, you may skip this step and move on.*

<u>Pre-practice Mindset Session</u>	- Breathwork, meditations, journaling. - Manifestation (clarify your needs - the energy of your 'dreams').
Sound Texture <i>Imagination</i>	Imagine each note in sound texture, combining it with sound movement & glissando between notes.
Sound Texture <i>Playing</i>	- Play with 3D motion, sound imagination, and intonation & weight. Before you begin: – Imagine the first two notes in sound texture with sound movement. – Relax your throat, feel free energy in your body. – Maintain awareness of your posture. – Transfer weight into the instrument. While playing, intonate each interval with weight, keeping hands light.
Energy	
Energy <i>Imagination</i>	Imagine the notes in sound texture with sound movement and glissando, infusing each note with the energy of your dream.
Energy <i>Playing</i>	Play with 3D motion, sound imagination, intonation & weight, infusing each note and intonation with the energy of your dream. If it feels natural, you may play at a faster tempo.

HANDS TOGETHER	
Sound Texture <i>Imagination</i>	Imagine the notes in both staves in sound texture with sound movement and glissando.
Sound Texture <i>Playing</i>	Play with 3D motion, sound imagination, intonation & weight. Before playing: – Imagine the first two harmonic intervals, hearing them clearly in your mind. – Relax your throat, and sense free energy grounded in your body. – Stay aware of your posture. – Begin by transferring weight into the instrument. While playing: – Intonate each interval with weight while keeping your hands light, empty, weak, and loose, so the energy flows freely through each motion.
Energy	
Energy <i>Imagination</i>	Imagine the notes in both staves in sound texture with sound movement and glissando, infusing each note with the energy of your dream.
Energy <i>Playing</i>	Play with 3D motion, sound imagination, intonation & weight, infusing each note and intonation with the energy of your dream. If it feels natural, you may play at a faster tempo. Let your 3D wrist motion become elliptical, without dropping the wrist below the surface of the keyboard. Avoid adding 'ghost rolls' on longer notes—at this tempo, they may introduce unnecessary tension.



A video player interface for a video titled "Playing with sound imagination, intonation ..". The video shows a woman wearing headphones and smiling, with a smaller inset video of a man playing a piano. The text "RETRAINING-PIANIST.COM" is visible at the top of the video, and "but still" is visible at the bottom. A pencil icon is located in the bottom right corner of the video player. Below the video player, the title "Playing with sound imagination, intonation .." is displayed in large white text. Below the title, the text "by The Art of Piano Technique — PianoWell System" is displayed, followed by a small circular profile picture of a man. At the bottom, the text "Playlist • Public • 3 videos • 21 views" is displayed.

Playing with sound imagination, intonation ..

by The Art of Piano Technique — PianoWell System

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