

TRUE VOICE EXERCISES

Exercise 1

– Say out loud: “Let’s see what’s going to come through.”

Say it without force or effort, stepping away from control.

– Sing any interval first with a “me” energy (“false voice”), and then with a listening, open “let’s see what’s going to come through” energy (“true voice”).

– Play one note every four seconds with separate hands. Play random intervals in different octaves without changing the sustain pedal. Avoid trying to use “correct” hand motions. Focus only on expressing the “true voice” between the notes through intonation and arm weight.

Improvise the intonation, not the notes.

Exercise 2

MUSIC SCORE

This exercise should be practiced for at least three days. During this sensitive stage, it is important not to play other repertoire or exercises. Returning to older sensations too quickly may reactivate the “false voice” and interfere with the process of discovering a new, more authentic way of playing.

Practice without focusing on posture, rhythm, pulse, dynamics, or articulation. Touch the keys naturally and effortlessly, focusing only on intonation and arm weight.

Intuitively express your “true voice” in the space between the notes.

Play very slowly (approximately one note every four seconds), allowing yourself enough time to fully experience the distance and energy between each note.

OPEN LESSONS

