

TRUE VOICE

In the next chapter, Artistry, the ultimate goal is to move beyond the ego and enter a state of deep listening. In this state, you tune into your Higher-Mind, allowing its guidance to flow through your playing.

Because this process involves expressing your own voice and inner world, it is essential that your “voice” as a storyteller and channel remains calm, authentic, confident, and transparent. This creates the foundation for entering a true state of flow.

Paradoxically, this more detached and objective state allows the music itself to emerge more clearly. Very often, when trying to play “expressively,” we instead begin expressing personal tension—judgment, anxiety, fear, or the need for external validation. This effort to sound expressive or “good enough” can stand in the way of expressing the music itself.



False Voice (“Imposter Syndrome”)

If you were trained in a professional musical environment, there is a possibility that your authentic voice was gradually suppressed by authority, pressure, or stress.

In many cases, pianists are encouraged to play with greater emotion and intensity without being shown how to do this in a healthy and grounded way. Over time, this can create a blockage of energy between the musician and the instrument, leading to what may be called a “false voice” or “false self.”

This voice often feels tense, frozen, fearful, or disconnected—as if covered by the invisible layer of someone else’s expectations and energy. No matter what music you play, it may feel as though you are expressing anxiety, pressure, discomfort, or fear rather than the music itself. Thoughts such as “I’m afraid,” “I’m not good enough,” “I must try harder,” or “I’m going to fail” begin to dominate the inner experience of playing.

As a result, playing can start to feel foggy, heavy, emotionally exhausting, and disconnected from authenticity. A persistent sense may arise that something essential is missing in your music-making, together with a strong desire to break free from this burden.

Over time, this blockage can become so deeply ingrained that playing simply and naturally feels almost impossible. The audience may then perceive not clarity and freedom, but tension, heaviness, confusion, and emotional strain.

Practicing for long periods within this constant inner “white noise” of false voice can become harmful for both mental and physical well-being.

True Voice (Detachment)

The voice you should strive toward is calm, simple, observant, curious, light, transparent, and free. It feels effortless, quietly focused, deeply relaxed, and naturally improvised. From this state, expression flows easily and naturally through your playing.

Because the “pushy” energy of the ego is no longer interfering, the audience can more clearly feel, understand, and resonate with the music itself. Your own energy becomes quiet enough to let the music speak beyond you as an interpreter.

How to Find Your “True Voice”

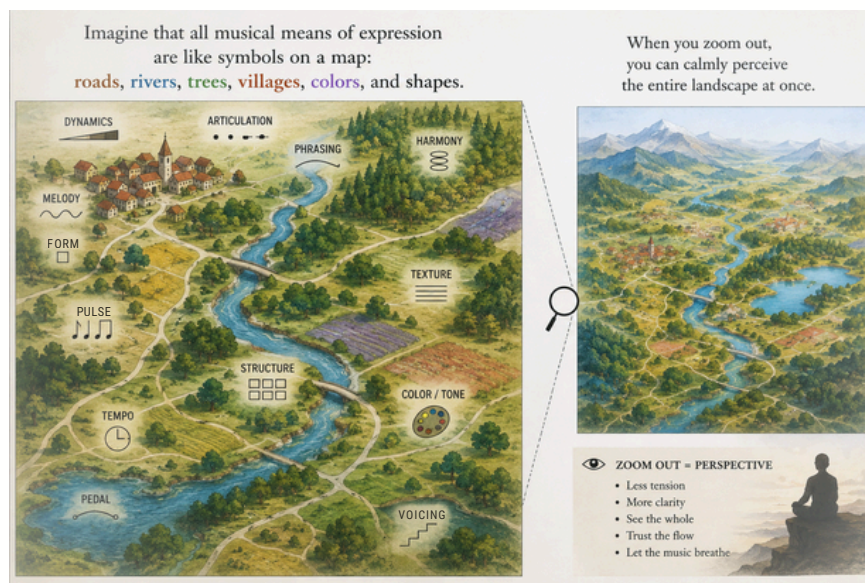
Once you discover this more authentic state of expression, it does not need to become another element that you consciously add into future PianoWell exercises or new pieces. Its role is simply to help clear the sensory and emotional blockages that may interfere with the next stage of *Artistry*.

Your “true voice” is the way you tell the musical story. It is important that this voice remains calm, objective, and slightly detached, allowing the story created by your Higher-Mind to emerge clearly—as if observed from a wider perspective.

It is very difficult to find this authentic voice from within the ego, because the ego is often shaped by anxiety, fear, insecurity, and the need to “play correctly.” Instead, try to step back and zoom out mentally. Let go of programmed ideas of correct playing, as well as the voices, expectations, and interpretations of others.

This detached state does not make playing less expressive. On the contrary—it allows expression to become clearer and more natural.

Imagine that all musical means of expression are like symbols on a map: roads, rivers, trees, villages, colors, and shapes. When you zoom out, you can calmly perceive the entire landscape at once.



“True voice” is a state of listening to what is coming through rather than forcing expression. It is a state in which the burden of control and self-judgment begins to dissolve. From here, interpretation becomes intuitive, spontaneous, alive, and creative. You begin to sense naturally, in the moment, where the music wants to go next.

Playing in this way allows you to experience a freer, calmer, and more authentic form of expression.

OPEN LESSONS

