

PERFORMANCE WEEK

After giving your program an incubation period—stepping away from the piano for 5–7 days—you can return to the stage of performance practice.

Home Rehearsal Playthroughs

One of the most challenging ways to train your listening muscle at home is to simulate the presence of an audience—not just their bodies, but their energetic presence.

On stage, you inevitably feel the thoughts and energy of your audience. This can be overwhelming. Your task is to learn how to stay connected to your Muse despite, and even through, this energetic “fog.” You need to train your listening to remain steady and to reach your channeling state in the midst of outside energy.

The best way to imitate this at home is simple: play your program while listening to another piece of music through earphones at a distracting volume. For example, you might listen to a Rachmaninoff concerto while playing Clair de Lune. The external music represents the energy of the audience, while your inner listening remains focused on your own program. This strengthens your capacity to stay inwardly tuned while surrounded by distraction.

Performance Schedule

During the final week before your concert, aim for:

- 3 Home Audition Performances: small concerts for a few friends at your home.
- 3 Public Auditions: book practice sessions at piano showrooms, playing different pianos.
- 3 Onstage Auditions: mini-concerts in varied venues. This might include inviting people to hear you at a showroom, performing on a street piano, or taking part in local musical events.

Each performance brings new distractions that will test your focus. Train yourself to return to your listening state again and again. The stronger this muscle becomes, the easier it will be to stay connected to your Higher-Mind under the high pressure of the final concert.

Important Details

- Clothing: Rehearse in the exact outfit you plan to wear on stage. Your body needs time to get used to the look and feel so that you feel natural and confident during the performance.
- Stage routine: Practice how you'll manage discreet rituals on stage. For example, keep a date hidden inside a handkerchief in your left pocket. Between pieces, take the handkerchief out and hold it as if wiping your hands. In reality, you are thoroughly dipping each fingertip into the date concealed inside. The gesture feels safe and natural, while to the audience it appears as nothing more than a simple hand wipe.

Physical Preparation

- Strengthening your muscles—palms, arms, abdomen—creates more stability at the keyboard and makes playing feel easier and more natural. Add gentle dumbbell work to your routine.
- Strengthen tendons and ligaments in your hands with warm-up and technical exercises from Volume IV: slow scales, octaves, and chords played pianissimo (staccato) and fortissimo (legato and staccato). Devote around 45 minutes daily to this practice.
- Keep your body hydrated (around 3 liters daily), adding a small pinch of lemon and salt for electrolytes. Avoid excess salt, which causes water retention. Short nails also help increase fingertip stability and sensitivity, giving you more security and ease at the keyboard.

Protecting Your Health

After so much preparation, the worst setback would be catching a cold or flu right before the performance. Always keep a prevention plan:

- Drink plenty of water to help flush out viruses.
- Add fresh garlic to your meals.
- Gargle with salt water, adding a few drops of oregano or artemisia oil.
- Inhale steam with a single drop of oregano or artemisia oil.

Practice these daily during the last week to minimize even the slightest risk of getting sick.

PERFORMANCE DAY

On the day of your recital, it's important to release any urge to control every detail of your performance. Trying to do so will only heighten anxiety. Instead, surrender to the experience—let the music, the venue, the unfamiliar instrument, and the audience shape the moment. Trust the flow and allow the event to guide you.

Feeling nervous is completely natural. Don't resist it; this is simply your mind and body's way of preparing for something new and unpredictable. Embrace that energy as a powerful tool to heighten your focus and senses, paving the way for an expressive and memorable performance.

MORNING SESSION	AFTERNOON SESSION
Repertoire: 3 full playthroughs of the entire concert program	Strength, Speed & Stamina: Warm-up and speed exercises (silent practice without volume while watching a calming video)

Mental Preparation

On performance day:

- Do a short warm-up routine and play through your program three times without breaks.
- If it fits your personal practice and is tested safely beforehand, you may consider microdosing mushrooms (0.2–0.5 g) about two hours before the concert. This can first bring calm and relaxation, and later a wave of energy, clarity, and creativity—helping you deliver your most inspired performance. Only include this if you have tried it in safe, private settings before your performance practice stage.