

BODY  
*for Musician*

*Prologue (without sounding)*

Approach your instrument.

Listen with your eyes.

Listen with your memory.

Listen with your body.

Listen to understand.

*I – Skin*

Find your skin

Where are all the things that have touched it?

Where are your memories of touch?

Where is your pattern and your habit?

Say no at points of continuation

This skin is not continuous

*II – Muscle*

Find your muscle

Move sound into one point on the body

Interrogate that sound

Flex and contract

Breathe through moving the point of the sound

Where are your points of turning?

*III – Bone*

Find your bone

One material, one palette, one body

Understand the support this gives you

Do not think about transitions

Transitions will occur