

# Mindfulness and Mental Approach

- Practice without judgment
- Relax into the process
- Treat practice as meditation
- Surrender to the music
- Mental Practice
- Detach from outcomes
- Incorporate non-playing practices
- Create a safe practice environment
- Appreciate silence
- Mindful practice
- Visualization techniques
- Body awareness and relaxation



# Effective Practice Techniques



- Practice musical ideas
- Slow practice
- Quality over quantity
- Record yourself
- Learn entire songs
- Structured practice routine
- Set clear goals
- Focus on small sections
- Practice with intent and awareness
- Push boundaries and experiment
- Embrace mistakes
- Use a metronome
- Effective repetition
- Focused listening
- Goal-oriented sessions

# Musicality and Expression



- Play with feel and emotion
- Develop your own voice
- Play what you love
- Develop a relationship with your instrument
- Explore the neck horizontally
- Prioritize sound over speed
- Practice in all keys
- Explore time and rhythmic subtleties
- Don't be afraid to get lost
- Focus on intervals
- Slow down and simplify
- Play with an open and curious mind
- Focus on phrasing
- Practice away from the guitar
- Exploring interpretation

# Bryan Baker's Philosophy and Ritual of Practice

- Practice is not playing
- Embrace the struggle
- Specialize and hone your strengths
- Isolate weaknesses and work on them relentlessly
- Establish a practice ritual
- Practice with extreme discipline
- Separate "practice guy" from "life guy"

