1. Record Nr. UNISA996389216303316 Cornwallis William, Sir, <d. 1631?> Autore Essayes or rather, Encomions [[electronic resource]]: prayses of Titolo sadnesse: and of the emperour Iulian the Apostata. By Sir William Cornewallis, the younger knight At London, : Printed by George Purslowe, for Richard Hawkins, and are Pubbl/distr/stampa to be sold at his shop in Chauncery lane, neere Seriants Inne, 1616 Descrizione fisica [72] p Soggetti Conduct of life Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Signatures: AÂ2 B-Iâ KÂ2. Reproduction of the original in the University of Illinois (Urbana-Champaign Campus). Library. eebo-0167 Sommario/riassunto

Record Nr. UNINA9910790507303321

Autore Green Barry <1945->

Titolo Bringing music to life [[electronic resource] /] / Barry Green; with a

foreword by Don Campbell

Pubbl/distr/stampa Chicago, III., : GIA Publications, c2009

ISBN 1-62277-029-3

Descrizione fisica 1 online resource (265 p.)

Altri autori (Persone) CampbellDon G. <1946->

Disciplina 781.4

781.43

Soggetti Music - Performance - Psychological aspects

Music - Instruction and study

Lingua di pubblicazione Inglese

Formato Materiale a stampa

Livello bibliografico Monografia

Note generali "G-7413."

Nota di bibliografia Includes bibliographical references.

Nota di contenuto Front Cover; Title Page; Copyright Page; Table of Contents; Foreword by

Integration in the Creative Process

Don Campbell; Introduction Jam-Scat-Move-Groove; Performer, Performance and Audience; From The Inner Game of Music via The Mastery of Music to Bringing Music to Life; Comparing The Inner Game to Bringing Music to Life; The Structure of This Book; Part I: The Methodology; Part II: The Three Techniques; Part III: Inspiration; Researching and Developing Bringing Music to Life . . . 12; Here's the Invitation . . 14; PART I: The Methodology; Chapter 1: Recapturing the Child

The Importance of Returning to Our Childhood State My Own Path Back; Returning to My Childhood at Music for People; Darling's Mantras; Freaking Out; Egoless Participation; My Own Return; The Importance of Allowing Emotions; From Child to Adult; Child on the Inside, Adult Outside; Maintaining the Youthful Approach; A Natural Exploration; First Love; Chapter 2: A Recipe for Inspiration; Inspiration and Creative Expression Go through the Body; Breathing Inspiration; Your Body is the Vessel for Your Creativity; Multi-skill Integration; Three-skill

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Sommario/riassunto

Ideal for amateurs and professionals alike, this innovative, imaginative guide demonstrates how musicians can reach their full potential. Delving deeply into the methodology and inspiration required to energize and enliven music making, this manual offers countless suggestions for; creating joy and excitement in performance. A stimulating series of activities and reflections using YouTube video clips clearly illustrates ideas, concepts, and; techniques such as breathing, pulse, and movement. This entertaining reference also recounts the author's experiences singing, conducting,