



Free eBook by Anselma Veit

## **7 Magic Tips for Inspiring Music Making**

As a musician and teacher I am always trying to add value to other people's lives. I enjoy very much to inspire through music and words and assist in the process of breaking thought habits in order to take skills, knowledge and lifequality to new frontiers.

This eBook offers a simple list of tips and exercises to get you feel more energized, motivated and alive in music as well as in life.

Remember: clarity equals power. More clarity in your music making will make you feel how powerful and gifted you truly are. This will evoke strength and joy to other areas as well. Music is a beautiful training field where we can explore the life game in a specific way. The principles are the same everywhere.

I hope you will enjoy this little gift from me to you.

## 1.) Why are you in the game?

I am so happy that you are into music and playing an instrument and that you put so much effort and enthusiasm into art!

The clearer you are with what exactly motivates you, the more fulfillment you will experience with making music. Ask yourself:  
What is the reason I am into music?

Many people are in this field for the wrong reasons and they feel frustrated after some time. Some do not really like their life as it is and they are looking for some escape. They try to distract themselves from the fact that they do not know what to do with themselves. Others might want to impress people through playing an instrument. Some people may search for appreciation and that others admire them. Someone may want to please somebody else. Or they want to meet other people's expectations and fit in.

These reasons suck. They will make the musician stagnant and unhappy. These motivations are guaranteed to bring frustration at some point.

When you want to get fulfillment and happiness out of making music it is important that you believe in yourself and connect with that part in your soul that just loves music. It may sound weird but the key to being a great musician who enjoys their ability and art is that they know: <it is not about me>. Put music first and why you love it so much.

That brushes a lot of the pressure off your shoulder and puts you in a space where you can relax and enjoy and where you can flourish.

"I love music and I enjoy giving my best" - this is a great reason to put yourself into the art.

What is your why? Think of it and get clear about what your engine is.

My reasons for putting my energy, time and resources into making music:

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## 2.) Give yourself time for great results

Sometimes I feel like we are educated to find the right button. We press it once - and everything is fine. Push the button and boom, everything is fixed, works great immediately, is perfect.

Music teaches us that this is some handy little illusion.

If you search for some quick I-do-this-and-than-I-am-the-best stuff I have to tell you, with music - at least with my idea of it - you are at the wrong address. What music can offer you is not a minimum-in-maximum-out experience.

It can bring you something much more valuable, it can bring deep joy and fulfillment into your life. But sometimes you have to wait patiently until the tree is blossoming.

Give your best, but be gentle with yourself. Do not put yourself under pressure and force yourself for some results that feel too far out at the moment.

Rome has not been built within 3 days. Great work takes time and needs space to grow. The great work is you and your art.

True or false?

It's a good thing when I expect quick results from practicing.

true     false

What would be an encouraging attitude for you?

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### 3.) What do you want? What is your goal?

At different times you will have different goals. And your goals will change by the time significantly.

When you have a specific date where you want to play XYZ you will feel a different kind of commitment to your instrument as if you want some nice little hobby that keeps you fresh and crisp.

It all depends on you. Be clear about what you want out of the music experience. What is your main focus right now?

- Do you have a live performance coming up? Are you working towards a competition or a musical exam?
- Do you want to improve your skills to get part of a band/orchestra? Do you want to join a chamber music group? Do you want to get on the same level as ... (name)?
- Do you wish to play this piece you love so much? You heard 100 recordings of it but now you want to take the bull by the horns and play it yourself?
- Do you want to have more joy in life and spend your free time on a meaningful hobby? Have you loved music all your life and now you really want to dive into it deeper?
- Did your daughter start playing piano and you want to learn it together with her? Is your father totally into music and you shyed away from it because you were scared that he would criticize you - and now you feel strong and ready to go your own musical path?

What is it for you? What is the carrot in front of your nose? Where do you want to go with it? What is the next goal? Where are you headed?

Make some notes: My goal is

- 1.) \_\_\_\_\_
- 2.) \_\_\_\_\_
- 3.) \_\_\_\_\_

#### 4.) **Do not stress out that you have to practice like hell**

Start with the schedule you are having now. You have a job/go to school, you have family and friends and you may have other things you love doing like jogging, dancing, reading or knitting pullovers.

What would be a realistic amount of time you can put into practicing your instrument? 5 minutes a day? 5 minutes a week? 5 minutes a month? Or do you have space for practicing 2 hours a day or more?

The important thing here is to get real. Of course you could do more. More of this and more of that and you could practice more. But is that realistic and doable?

When I was at the Music University a chamber music teacher kind of did not like what my colleague was playing. He said: "What do you do all day long? We have 24 hours a day. Take away 8 hours of sleep, 2 hours for eating and body care, 2 hours free time and still you have 12 hours to practice. Why don't you do that?!"

When you love making music you will find the time. And you will find the amount of time that feels right for you. It's not really important what the ideal invest <for other people> might be and what they do and how much they practice. It's all about you, your time and your life.

Look what is doable for you. Make small units. Most times the biggest hurdle is to get started. To sit down and play. When you play for 5 minutes that's fine! When you play for half an hour that's even better. Congratulate yourself for every minute you invested in music. There are distractions everywhere, all around. But you stuck to your plan and made some music - how great is that! Give yourself kudos!

This is the perfect amount of practice for me that my schedule allows me:

\_\_\_\_\_

True or false?

It's not a good thing when I force myself to practice the hell out of me, like ... (name) told me.

true     false

It's all about me, my \_\_\_\_\_ and my\_\_\_\_\_.

## 5.) **Create a nice little challenge for you**

When you are a person who loves to play their instrument but does not have much time because your job and your family needs you, you could benefit very much from putting yourself into a challenge week or month.

Or when you do not manage to practice disciplined enough. Or when you really want to kick ass yourself.

This challenge will also help you to make great progress and improve your skills massively. No matter on what level you are and how long you are in the music making game already.

First choose a piece you really love and want to work on.

Then design a challenge that 1.) is a little above your average time invest for music and 2.) that has a start and an end date, for instance a challenge for one week or one month.

When you normally find the time to play your instrument 10 minutes a day your challenge could be that you play <2 sets> of 10 minutes a day in the next week.

Or when you usually play half an hour on Sundays, you could try to play half an hour on Saturdays and Sundays in the next month.

When you usually play 3 times a week your instrument you could challenge yourself to practice 5 times in the next week.

The important thing is to not go from 1-100 in one challenge, but that you envision a doable amount of time and energy invest for yourself.

It's also vital that the challenge takes place within a certain time frame. The challenge can be for the next week or the next two months - but not for ever. To change habits from one day to another is difficult and can be frustrating.

So try not to be the most disciplined musician ever but to make the steps you can take in a specific amount of time.

When you managed to get through your challenge and when you made it, you will be soooo proud that you pushed your boundries. A very empowering experience!

Here is my personal challenge:

In the next \_\_\_\_\_ I will play \_\_\_\_\_ set(s) of \_\_\_\_\_ minutes/hours.

Let's see how I feel when I do that.

## 6.) **Measure your progress not in comparison with others, but in how much YOU have learned already**

We can get much inspiration and motivation when we listen to other musicians. It can be a wonderful experience to feel the magic others create.

But never compare other people's art with yours. Why not? You have a specific mixture of talents, knowledge and passion that only you have, no one else.

Maybe somebody has more skills than you have right now. But this does not make them a better person. More virtuosity does not make you a better person either.

Everyone is on their unique journey. Honor your path the way it is, for there is no other that equals it.

I once read "the more joy you feel, the more successful you are" - and this is true for almost everything. We tend to believe that when we are successful we will feel joy. No, it's actually the other way round. Success does not necessarily bring happiness. But joy naturally brings success sooner or later.

When you feel joy playing your instrument you will be a great musician, no matter what's your level and who sits in your audience. Others will feel your passion and will admire your commitment.

Congratulate yourself for the steps you have already taken on your musical journey. Feel how special your individual steps have been and how far you have come already.

True or false?

Competition with others is motivating.

true     false

What is an encouraging mindset for your music making and practising?

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## 7.) What can you teach?

Yes! And I mean exactly that! Even when you just started out and had 3 guitar lessons, what can you teach? What have you already learned about music?

We are always both, we are students and teachers in life and in music as well! Many times we are just aware of one aspect, we just identify with one side of the coin.

When we are music students we forget that we are teachers as well and when we are music teachers we tend to forget that we are students at the same time.

Bring both sides together. What has your experience been so far? And how can other people benefit from what you have learned already? What is important in making music? How can the wisdom you have gained in this field encourage others?

Here is what I can teach about music making because I found this out by myself:

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What valuable advise can you give from what you have experienced yourself?

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True or false?

Only teachers can teach something.

true     false

I wish you an exciting musical journey! I am so proud of you!

Much love,

Anselma

more of my stuff you find here  
[www.AnselmaMusic.com](http://www.AnselmaMusic.com)

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