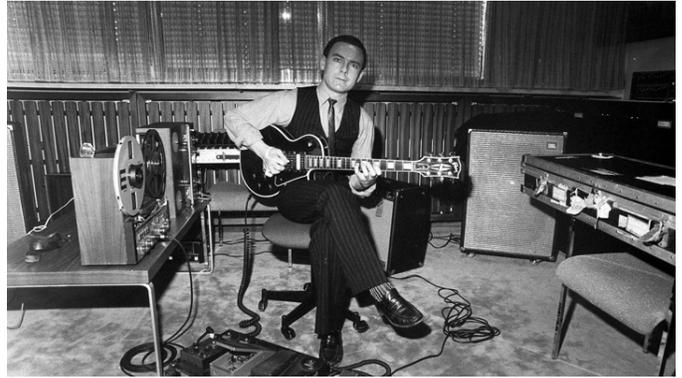


Beginner to Master

Have an aim.
Get an instructor, teacher, or mentor.
Get out of bed.
Work with people better than you.
Go to work.
Get acknowledgement.
Practice.



7 levels of success: Domestic, Local, Regional, National, International, Global, Interplanetary

*The craftsman teaches by what they do.
The master teaches by who they are.*

The Rule of Quality: Honor necessity.
The Rule of Quantity: Honor sufficiency.

Ordering The Day

We begin our day with definition, clarity, certainty.

When our feet hit the floor, we salute the day and say, "Hello, God!" (whatever God may be for us).

Before we end the day, before we say, "Goodnight, God!" (whatever God may be for us) and our heads hit the pillow, we move our attention backwards through the day, recapitulating the day's events and our living of the day. We are digesting our experience that our experience may better nourish us.

We may find periods of time that elude us, escaping our efforts to retrieve lost moments where our life is hiding from us.

Where were we? Clearly, we were not there; we were not present; we were not properly alive.

So, how to increase our remembering, recollection, recall?

One recommendation is to place signposts on the hour. These provide additional points of definition, clarity, and certainty, so that, when we look backwards through the day, we find a series of connecting moments waiting for us.

And, before our head hits the pillow, with definition, clarity, and certainty, we put part of our attention forward to when our feet hit the floor and we begin our day again.

This completes the circle.

The nature of our functioning; that is, of our hands, head, and heart.

Ten Principles:

- Act from principle.
- Assume the virtue.
- Begin where you are.
- Define your aim simply, clearly, briefly.
- Establish the possible, and move gradually towards the impossible.
- Honor necessity.
- Offer no violence.
- Suffer cheerfully.
- Let us take our work seriously, but not solemnly.
- With commitment, all the rules change.



Guitar Craft is three things:

- A way to develop a relationship with the guitar
- A way to develop a relationship with music
- A way to develop a relationship with oneself

Practicing is an ordered activity directed towards the service of an aim. We ask;

1. What are we practising?
2. Why are we practising this?
3. How are we practising?
4. What is our present condition from which we begin our practising?

Practice is a way of transforming the quality of our functioning. We move from making unnecessary efforts, the exertions of force, to making necessary efforts, the direction of effortlessness. In this, the prime maxim is honor necessity. We do what we must do, but no more. What we need to do is often less than what we want to do. Doing what we want to do takes up a lot of time and energy. So, we should be careful in defining our aim. When we give up playing our licks in order to practice, we exchange a whole range of lesser freedoms for a larger freedom. When we are younger, these lesser freedoms have a considerable hold upon us, but as we grow older we find that these freedoms are not so much liberation as forms of restraint.

A practice of any value will be three things:

1. A way of developing a relationship with the instrument
2. A way of developing a relationship with music
3. A way of developing a relationship with ourselves

These are the three fundamentals of practice:

1. Attention
2. Relaxation
3. Sensitivity

The practice of relaxation gradually develops an engaged sense of personal presence. This is part of the practice of attention.

Seven Affirmations

Affirmation One:

The benevolence of the Creative Impulse is inexpressible. We cannot know this benevolence, while accepting that Benevolence knows us better than we know ourselves.

Affirmation Two:

Love cannot bear that even one soul be denied its place in Paradise.

Affirmation Three:

In desperate times, a reasonable person might despair, but hope is unreasonable, and Love is greater even than this.

Affirmation Four:

Music is our friend, if only we might listen, if only we can listen.

Affirmation Five:

The poverty of our nature is no limit to our aspiration.

Affirmation Six:

Although I stumble and fall, each time I will rise again.

Affirmation Seven:

Not even death can end the process of our becoming.



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