

Reading Questions: *Balanced Musician* Chapter Seven

Name: _____

1. What is an intention you can say to yourself before you begin your ICP?
2. What is a process cue that you can say to yourself before you begin your ICP and perhaps even during the piece?
3. What is the practice of nonattachment and why is it important to meditation?
4. What does it mean to be mindful?
5. What is systematic desensitization and how is it used with performers to decrease performance anxiety?
6. What is autogenic training?