

## Body, Mind, Heart and Spirit

### Body

When we talk about the body we mean the physical body and the need to keep it healthy. We also mean the environment that we live in which is really an extension of our physical body and if we are to thrive we need to live in a good environment. The physical resources that are available to use such as a good place to practice and the best instruments that we can afford. Some of the tools that are available to you in order to keep the body in good shape are breathing techniques, good posture, exercise sleep diets and medical advice.

### Mind

The mind includes having a good education or pursuing a good education. It also includes staying on top of day-to-day administrative issues so that you do not become overwhelmed by paperwork etc.

Your mental health is just as important as your physical health and be careful not to ignore any warning signs that suggest you may have a problem here

The tools for having your mind in good shape include the development of good habits, being up-to-date with your activities, having the capacity to step back and look at your own thoughts and realising that your mind is a tool for you to use and that you should not be taken over by the thoughts in your mind. And finally, realise that your mind needs rest from time to time and not to give it too much work to do.

### Heart

The heart is that seat of your emotions and your feelings and is intimately involved in your relationships with others. So musicians must take care to look after their emotional health and manage their relationships with others

While musicians are individuals and spend a lot of time in solitary activities they also have to work as a team member especially if they are a member of a band and developing a capacity to get on with people is of critical importance. The stories of band members who do not get along together are legion.

At a higher level again, music will provide opportunities for a limited number of individuals to take on leadership roles as a manager or as the person in charge of the band so an essential part of your repertoire as a musician could be the development of leadership skills.

### Spirit

Spirit is elusive and manifests in many different ways even though many are hard-pressed to see it. For musicians the spirit manifests as the gift of music from which we derive so much inspiration and so much pleasure. We don't necessarily know where this gift came from it is not something that we can necessarily force into being.

Spirit is a gentle flower and it requires careful care and attention. The tools include mindfulness practice and meditation which helps us to still our minds. The more we still on mind is the more we are likely to be inspired by the gift of music.