

# Ask Mike!

*Stressed about an upcoming gig? Work got you singing the blues? Columnist Michael Goode can help!*



BY LOCAL 10-208 MEMBER  
MICHAEL I. GOODE

In my last column, in April, we revisited an issue from my February column and talked about how the music business is changing and how positive changes can help you and give you even more choices and opportunities for real artistry. Today, we are going to continue to talk more about how you can create more unique opportunities for yourself and

what to do when you are tired or sick on the job. Here's May's Q&A:

**Q. So, last month you talked about coming up with new and creative ideas like forming your own band and stuff but how do I start?**

A. You can start by asking your colleagues what their ideal gig might be in order to get an idea of what you might like to create with your own band, or a solo career, or being a clinician. These are just a few examples of career areas you can pursue, but the idea here is that you start thinking "out of the box" and make sure that you get your colleagues and friends to tell you what their IDEAL dream gig would be if they had no restrictions and unlimited resources to put something together.

Building from the ideas of others stimulates your unconscious to come up with your own ideal situation. What you eventually come up with may be completely different than what your original idea was, but that's okay. As long as you keep doing your anger letters, you will keep your unconscious open to the person A genius

part of you, and will come up with a plan that will work. You will also begin to come up with practical ways and ideas to implement your plan, to put it into action, you will get inspired and come up with people to call and will start running into people that will help you get to your goal.

**Q. These last few weeks, I have been really tired going to the job, and one day I was pretty sick but couldn't get a sub so I had to play. It was a little scary but I did fine. I don't want to be in this kind of situation again! Do you have any advice on how to handle this if it ever comes up again?**

A. This is a very important question. First of all, if you HAVE to play such a gig when you are sick or really tired, the first thing to do is write an anger letter about it saying something like, "I am angry I have to play today even though I feel tired (or sick)." This will clear out your unconscious to be ready to help you play your best regardless of the circumstances and help you get in the "zone" regardless of the fact that you are sick or tired.

Secondly, before you leave home

for the gig, you should pull out any recordings that you have of yourself where you were playing your absolute best and try to imitate that, focusing only on what you want to sound like and this will help you get into the zone and forget about your physical condition. Taping yourself is helpful, but especially for times like these when you don't feel well. If you don't have any tapes of yourself, then play a recording of someone on your instrument who is great that you admire, and imitate how they sound on whatever you are warming up on at home. This will give you a great reference point and you will forget about being sick as you focus on the great musical stylings that you hear. Then take this concept with you to the gig in your mind and things will go well!

*Send your questions to: Ask Mike!, Trumpetworks Press, 715 Lake Street #269, Oak Park, IL 60301 or you can check out my website at [www.trumpetworkspress.com](http://www.trumpetworkspress.com) and see information on my book, "Stage Fright in Music Performance and Its Relationship to the Unconscious." All replies are confidential and names will not be published.*

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