

# Ask Mike

By Local 10-208 Member Michael I. Goode



In my last column, in September, we talked about the anger letter process, how it works and what it does to help conquer stage fright and

how to use it as an effective tool in the practice room. Today we are going to talk further about this area and how to get the best out of your playing as a result. So, here is October's Q & A:

**Q. So I did what you said. I got stuck on a passage while practicing and I wrote an anger letter about it. You were right. All of a sudden my playing got easier. But can I count on this, why does this happen and will I be able to repeat this?**

A. Yes, you can absolutely count on this process because you are getting rid of the real reason you had stage fright in the first place; suppressed anger. Every time you write an anger letter with the word angry or anger in it you release this anger and the destructive energy behind it. We take our

playing very personally. When something goes wrong in the practice room, club, or concert hall, we get upset and what is underneath our upset feeling is anger. But this is a good thing because it means we still care enough about what we do to get upset about them when things don't go right. But anger drains our ability to focus, be relaxed and play well in the practice room or in performance. It also inhibits our ability to get excited and be "up" for a performance and prevents us from telling an artistic story instead. When we drain the anger by writing an anger letter about what we can't do in the practice room, we begin to remove whatever is blocking our person A, our real genius self, the self that makes great music, the true genius artist in us that moves people to the highest emotional and spiritual level.

Because writing an anger letter in the practice room while playing unblocks so much negative stuff from what we call person B, our false self, we can get to person A that is our unconscious that is the real us. The real us is ALWAYS consistent, always honest, and always REAL. You and the audience will be able to tell the remarkable difference when you start to connect to the real genius person A artist inside you as you continue to write anger letters when anything bothers you, both

in the practice room and even in any area of life. Be sure to always keep the letters private and destroy them when done. Correcting your playing through the process of writing anger letters will change your life!

**Q. What happens when I am performing? I can't exactly be writing an anger letter while playing?**

A. That's true but you can make little notes to yourself on your stand during rests if you know the piece well enough. Write the first letter of each of the words in an anger letter. For example, I A A T I A S N represents an anger letter that spelled out would be: "I am angry that I am so nervous." This has saved my neck many times in performances! This is part of how to defend yourself mentally against those ugly thoughts you may get while on stage. I call this psychic self-defense. More about this next month.

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. © 2005 Michael I. Goode.

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The Union Plus Legal Services Network is a part of the AFL-CIO's Union Plus Program available for members of Professional Musicians Local 47. Union Plus provides that members are entitled to a free consultation and, if the participating attorney and the client decide to move forward, a 30% discount on the participating attorney's fees. When you're talking legal fees, that's a great discount!


One legal service that everyone should think about (and will ultimately need) is estate planning. Many people think that estate planning is simply the writing of a will. Actually, it is significantly more. Proper estate planning will allow an individual to determine who will receive their assets after they die, preferably with as little money going to legal fees and taxes as possible. A well drafted estate plan will also protect you in the event of your incapacity. It will allow you - not the courts or other government bodies - to determine who will manage your assets as well as determine important decisions regarding your medical

care when you are not in a position to do so yourself.

The best time to plan your estate is now - while you can and before you need it. None of us likes to think about our own mortality or the possibility of becoming incapacitated. Unfortunately, that is exactly why so many families are caught off guard and unprepared when incapacity or death strikes. It is important to keep in mind that estate planning is a dynamic process. People's lives and assets change just as laws do. An occasional review of your estate plan can only be of benefit to you and your family.

As a union member, you are automatically a member of the Union Plus Legal Services Network. We urge you to contact our office or any participating attorney in the Union Plus network to take advantage of the program.

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## Notary Public

Local 47 offers Notary Public services to its members between the hours of 9 a.m. and 4 p.m. (Monday-Friday)

Please call Errol Henry for an appointment:

(323) 993-3174

From the SF Valley:

(818) 986-8733 ext. 174

## Riverside Philharmonic

Patrick Flynn, Music Director

Announces vacancies for the following positions

Principal Oboe  
Second Oboe/English Horn

Auditions will be held Nov. 23, 2005

Qualified musicians please send a one-page resumé to:  
P.O. Box 1601 Riverside, CA 92502-1601 (postmarked by Oct. 29th)

or

e-mail: [nicole@thephilharmonic.org](mailto:nicole@thephilharmonic.org) (by Oct. 31st)

Repertoire and further information will be provided upon receipt of resumé

(No phone enquiries, please)