

Writings & Musings

extracts from 'There's Music In Everyone!'

By Jerry Jemmott

Some folks have so much natural talent and conviction that the music just drops out of them with little or no inkling of what it is they're doing. But for some of us just a little understanding can go a long way in building the confidence to express our selves musically

HOW TO LEARN

Although we may have an insatiable desire to learn, it is not always as easy as we would like it to be. To learn is sometimes a battle of life and death with your ego, ignorance and impatience; along with their allies, laziness, pressure, and fear of failure. Enter, Compete, Fight and Win in order to build a bridge of peace and tranquility; using THE THREE Cs:

COURAGE	-	to begin
CONFIDENCE	-	to get through the periods of doubt
CONVICTION	-	to win based upon a sense of purpose

Activity that utilizes the mind and body are usually done better with skill. Consider the skill of "How to Learn" to be the first step to achieving your desires.

SUCCESS

Consistently take the actions that are in line with your goals.

Manage and master your emotions.

Master your physical body.

Manage your relationship with self.

Take control of your economics.

Develop skills to condition your mind.

Respect all that you encounter be it Rock, House, Bird or "No Name".

THE LOGIC OF "MULTI-ALITY"

The wisdom to have more than one way of recognizing, memorizing and reproducing any reality.

"SOULER ENERGY"

Another name for "tasty goodies from the soul" that appear when a person applies their wisdom to their "Ichinen", a Buddhist term that means "The life force of the past, present, and future into a single moment." You could also say "Give it all you've got", Heart & Soul". Or simply, "IT'S LOVE", BABY!

THE GROOVE

The hot juice of summer opulates into the cool charms of autumn waiting for the long cold fingers of winter to stem the lava flow until the "Release Me" song of spring begs for the wide open sun of summer to "Let the Good Times Roll".

THE GREATEST IS NOT ALWAYS THE MOST SUCCESSFUL AND
THE MOST SUCCESSFUL IS NOT ALWAYS THE GREATEST
"LIFE IS THE BEST TEACHER, THE HARDEST TEST, AND THE
ULTIMATE REWARD. TO 'GROVE' IN LIFE AND IN MUSIC
REQUIRES SENSITIVITY, CONFIDENCE, VISION, TIMING AND
DISCIPLINE"

ART Perception, Conception, Skill and Desire: captured in the moment, based upon the experience of life.

EXPERIENCE Invaluable if can remember to use it.

KNOWLEDGE It is only when knowledge is usable, that its true value will emerge.

LESS IS MORE If you know what you're using less of.

PRACTICE When you specifically know what you're doing, you get more out of it.

GOALS Always have one

GO FOR IT

You have the **SKILL** – The mental coordination and actualization of knowledge. The **DESIRE** – Your quest for a great experience, and the **EXPECTATION** – The vision of a positive result. Display your **SKILL** tastefully, pursue your **DESIRE** vigorously, and **EXPECT** to reach your **GOAL** definitely.

**TO STUDY is to BE AWARE is TO REVEAL
TO LEARN is to UNDERSTAND is to EXPLAIN
TO PRACTICE is to REPRODUCE is to DEMONSTRATE**

POSITIVE AFFIRMATIONS

I am fearless.
I am a winner.
I am enough.
I am courageous.
I am smart.
I am confident.
I am charismatic.
I am powerful.
I am loving.
I am loved.
I am patient.
I am humble.
I am strong.
I am decisive.
I am wise.
You can count on me.

“Remember”

**You Are ORGANIZED
You Are PREPARED{Willing to take the time to be}
You Will Be SUCCESSFUL**

“Make Progress Everyday!”