

Deborah Henson-Conant's Seven Strings of Passion

Introduction



1. Impulse

The desire to touch, to be, to do, to create, to discover

2. Structure

The string in the sugar-water - The power of internal structure ~ Creating Conducive Conditions

3. Character

It's the flavor, the scent, the expression - the ineffable that gives meaning to the concrete

4. Roles

Leadership & Followership are just two roles ~ In music, playing the roles of bass, accompaniment or melody allows us to freely improvise together ~ As we fully play each different role, different perspectives are revealed ~ A role, like an archetype, can connect you to knowing what you do not know you know

5. Practice

You have to be bad to be good ~ Knowing made physical - Physicalize to know ~ Don't try to get it - let it get to you

6. Deconstruction

Structure, deconstructed, becomes a framework for new creation ~ Each translation to a new medium, each distillation, each incisive question shows more truth

7. Lift-Off

In the moment of performance, we drop the conscious practice, and trust that part of our practice that has become us. We speak fluently in a language where perfection is irrelevant because all we are doing - in our vulnerability - is revealing one answer to the question of what it means to be human. That's all we truly want to know from each other.

**Register NOW for the 10-Week
"Strings of Passion" Program at
StringsOfPassion.com & HipHarpAcademy.com**

Deborah Henson-Conant's "Strings of Passion"

An overview of the "Strings of Passion" principles.

The 7 Strings of Passion

Impulse

The desire to touch, to be, to do, to create

Structure

The string in the sugar-water

Character

Assume it if you have it not, to know what you do not know you know

Roles

As we fully play each different role, different perspectives are revealed

Practice

You have to be bad to be good.
Knowing made physical - Physicalize to know

Deconstruction

Structure, deconstructed, becomes a framework for new creation.

Lift-Off

At the moment of performance, we drop the conscious practice, and are lifted by the power of how our practice has become us.

NOTE: These pages are for exclusive use of the participants in this workshop experience (that means you!). Thank you for honoring the confidentiality of these pre-publication pages. They're the foundation of a book. It's essential you keep them private -- so please don't share or duplicate them. Thank you again for being part of this work, and for the passion of your own creative spirit! - DHC

Move further on your creative path

Register for Hip Harp Academy where you'll get courses like "Strings of Passion," "Arrange Yourself," "Hip Harp Toolkit" "Hands on Harmony", & "Baroque Flamenco Beyond the Page" and more

Or apply for my high-level mentored mastermind at HarnessYourMuse.com

HipHarpAcademy.com

How we apply these principles in musical performance

In Musical Performance

Impulse

The desire to express thru music

Structure

Examples: 12-Bar Blues Form, Sonata Form

Character

Dynamics, expression - also physicalization

Roles

Melody, accompaniment, bassline; soloist, accompanist; teacher / student - Embody each role fully - as you do, it informs & enriches you

Practice

Putting hands to strings - over & over. Embrace inability 'til it becomes ability. Pull the instrument into ourselves 'til it becomes our voice & body.

Deconstruction

When we understand the structure in its simplest form, we can reconfigure it, extend it, alter

Lift-Off

Forget all you learned, trust what has seeped deep into you through your practice, sink back into the music and play - truly play yourSELF.

What are YOUR "Strings of Passion"

① **Impulse** The desire to touch, to be, to do, to create, to discover

Take Action

Feel the impulse of each note and expand it physically. Remember your earliest musical impulses.: to do, to be, to touch., to make sound. Truly *glory* in that aspect of your playing.

② **Structure** The string in the sugar-water - The power of flexible internal structure

Take Action

What is the structure of the piece you're playing? What was the original intention? What's the essential, simple structure at the heart of it?

③ **Character** The flavor, the scent, the expression - that which makes things different

Take Action

HOW are you playing each note, each phrase? What is the character and *why*? What story is each note and each part of the piece telling? How can you give that story more character?

④ **Roles** 1. Leadership & Followership 2. Collaborative or team roles help us freely improvise together 3. Archetypes or roles we take on expand our experience and expression

Take Action

Follow the lead of your impulse.
- Play with others using roles and then switch those roles on cue
- Explore being in the world as the you you dare not be ~ or as someone ... or something ... else

⑤ **Practice** You have to be bad to be good. Knowing made physical - Physicalizing to know. Create Conducive Conditions. Don't try to get it - let it get to you

Take Action

Codify your practice. Create a practice chart to check off each day. Create a practice *kit* of the tools that *help* you practice. Outline your daily practices. *Touch them* - if only for 30 seconds. Practice showing up consistently in the areas of life you value.

⑥ **Deconstruction** Structure, deconstructed, becomes a distilled framework for new creation ~ Each translation to a new medium, each distillation, each incisive question shows more truth

Take Action

Draw the structure of your piece. Color the bassline, the melody - circle the repetitions. Deconstruct the *parts* of the piece. Leave parts out to shorten it. Expand one part by improvising over the bassline of it or adding embellishment to the melody.

⑦ **Lift-Off** In the moment of performance, we drop the conscious practice, and trust that part of our practice that has become us. We speak fluently in a language where perfection is irrelevant because all we are doing - in our vulnerability - is revealing our humanity - the one thing that empowers, inspires and liberates us all.

Take Action

Surrender to exactly who and how you are this very moment and play into the richness of exactly what that is right this moment. Forget everything that isn't intuitive. Let go of everything you haven't gotten and simply PLAY what you CAN right now, right here, *exactly as you are*.