

### 3 Recipes for Greatness

Neither a lofty degree of intelligence nor imagination nor both together go to the making of genius.

Love, love, love, that is the soul of genius... - W. A. Mozart

**Recipe #1 - A Supportive Environment** for learning, especially in your youth because you have the most time to commit to learning. The Environment that is common to **Greatness** is one where there is importance placed on what you are choosing to learn and to become. That there is **value** in learning what you are doing. That the things you are learning are worth spending a lot of **time, support, energy** and **money** doing them. That they are a priority in your life. This kind of support includes of family, friends and teachers/mentors. All the studies show that almost all people we consider to be **Great, Unique, Special, World-Class**, had or created a **Supportive Environment**. It is the wonderful journey of life to learn and to become all you can be. They say that, Mozart would not be the Mozart we know if he did not have his Father, a great teacher and musician, teaching and **supporting** him everyday, beginning at age 2. And, there is also the knowing of the kind of **Practice** and **Passion** that Mozart gave to his Art.

**Recipe #2 - A Specifically Designed Practice that you Practice Deeply, Often and for Many Years.**

**How** you Practice and **How Much** you Consistently Practice is what the **Great** have in common. You need an **Expert Teacher** to create for YOU and guide YOU in a **Specifically Designed Practice Plan**. This plan must be designed to improve your **performance** and **understanding** of what you are learning at a Deep Level. It must address all the things that are difficult for you to do at a level that is **not too easy** and at a level that **does not make you panic** ... It needs to be A level that **takes you beyond** or more precisely, **around the limitations that most people will stop at**. This kind of Practice is Creative and Deep. See **Creative Deep Practice**.

**Recipe #3 - A Passionate Purpose that creates an Intense Focus on what you are doing.**

All the of these studies did prove that if one has a **supportive environment**, a **deep** and **consistent practice** for years that the person was exceptional with just these 2 things ... But, the missing element was **Passion & Love** for what they were doing. This love and **passion** is what created an **intense focus** for what they did and when they had that, that made them **Great** ... Where they lost time in **Playing** with what they are doing. This **Passion & Love** is what gives us, the feeling, that magic, the gift of something spectacularly special...

**Greatness**... Sometimes we have a passion right away for something. Sometimes we say that a person is talented ... or that they are gifted with this passion or love for something... Most often a person **develops their passion** for something or someone.

**More Ideas:** Based on these books, [Talent Code](#) & [Talent is Overrated](#). **Listen:** [Denis Bouriakov](#) **CP:** **Look:** [Bach Chaconne BWV 1004](#)

### Creative Deep Practice

#### 4 Ingredients of Creative Deep Practice

1. As we have said to be **Great**, **Creative Deep Practice** has to be specifically designed to improve performance. This kind of Specially Designed Plan to improve performance is always alive, changing with the needs of the student who is guided by their teacher. The teacher (and eventually the student) must know how to diagnose their strengths and weaknesses. They must know the best way for the student to learn these things and must fully commit to the plan and the practice. This kind of practice takes years and changes your Body, Brain and **your whole playing**. IT TRANSFORMS YOU!

2. **Creative Deep Practice** can be **repeated a lot** at a high level. High Level means that it is a worthwhile thing you are repeating. That it is something you want to become very proficient at doing. It is also something you desire improve and that you have a purpose for, by doing this kind of repetition. As you repeat this Practice, you are doing it in a **MEANINGFUL** way. Give the Music Meaning! Then it will be meaningful to you and you will **REMEMBER** it more. **Make the connections** during your practice. **Play with it!**

3. **Creative Deep Practice** has **Feedback** on your results that is continuously available. For example, every time you repeat something you **have a specific focus**. Your feedback may come in asking yourself a question each time you repeat something. How am I doing on this specific focus point? It may come from recording or video-ing yourself and playing it back. Feedback may come from your teacher during a lesson or a group class. It may come from notes you take about your practice. It may come from playing for a friend or colleague. Whatever form Feedback comes in, **you need to have it consistently and constantly** to improve and become **Great**. Ask questions of yourself and find the answers. Ask questions of your teachers, your mentors, your friends... learn and get feedback. Then you will Know and Perceive more. The more you know and perceive the more you will want to learn and to remember. Everyone needs people who help them on their Life's Journey!

4. **Creative Deep Practice** is highly demanding on all levels. It involves great concentration that focuses on what's difficult. You must keep your practice inside the **Learning zone**. Most people stay in the comfort zone and do not improve much. Some people go into panic mode and this does not encourage practice. The Learning zone, **is where you need to improve upon something and it is demanding & challenging for you to do so**. Use your Specially Designed Plan, repeating it a lot at a high level and continuously get feedback on how you are doing. This will transform you. You will then be able to go deeper into this highly demanding kind of practice. And, because you are getting better you will want to practice and learn more. Because it is fun to grow, to improve, to be **Great!** By becoming a **Creative Deep Practicer**, you will Perceive more, Know more and Remember more. **You will be Transforming yourself - Body - Brain & Spirit**. All of this is essential to becoming **Great** at something.

**More Ideas:** See whole article [Recipes for Greatness](#) [www.creativeflutist.com](http://www.creativeflutist.com) **Listen:** **to your teacher** **CP:** **Look:** [Joni Mitchell - California](#)