



# The Guitarist's Mindset

By Charlie Wallace

# Contents:

3 – Introduction

4 - What Is The Guitarist's Mindset?

5 - Why Does It Work?

6 - The 5 Minute Miracle

7 - How To Execute The 5 Minute Miracle

8 - The Reoccurring Thought

10 - How To Make It Work

10 – Conclusion

# Introduction

This book will tell you, in detail, a very special way of thinking that will explode your guitar playing to new heights. I must urge you though, to read this book from start to finish. Once you are done, read it again. You really need to get these principals drilled into your head so far that there is no way they cannot work.

I know that these exercises work, all you need to do now is use them.

Without 100% dedication you will have no results. So if you are not serious about elevating your guitar playing, there is no need for you to read this book, please leave it for someone who will.

These simple thoughts are used by many guitar players around the world, don't be left behind, clear your head, get focused and away we go...

## What Is The Guitarist's Mindset?

Have you ever fallen into such a deep thought, that it almost seemed real? Most people experience this in dreams, and many can get the same result when they drift away into a day dream. Your brain doesn't know the difference between when you are awake or asleep. For instance, if you were running in a dream, the exact muscles that you would use to run fire in the exact sequence to if you were awake and were actually doing it. In other words, your brain can't tell the difference between your thoughts and reality. This may be a hard concept to grasp onto, but consider this...

Have you ever woken up and it taken you a while to realize that your 'memory' of something that just happened was actually just a dream? But to you, it really felt like you were really there, heart pumping, sweat dripping off you...

No Godzilla wasn't really chasing you!

The Guitarist's Mindset uses this principal to improve guitar playing. By thinking certain ways and executing the 'mind exercises' you will learn about below, you can dramatically improve every aspect of your guitar playing.

## Why Does It Work?

For the same reasons I told you above, your brain cannot tell the difference between vivid imagination and reality. The same thing goes for kids who are so sure that there is a monster in their closet, we all know that there really isn't one, but to them, there is no questioning it. So if you vividly imagine yourself playing guitar, to your mind, you really are...

I had a basketball coach once who was really big on this kind of practice, the way he put it was:

“I have never missed an imaginary shot”

This concept was actually put to the test with basketball players. Many times even professionals choke on the free throw line and miss such an easy shot over and over again.

The scientists conducting the experiment split a basketball team into 3 groups.

One group was to practice shooting 100 free throws a day for two weeks, one group was to not practice at all and the other was to practice just like the first group, but only in their mind, and to imagine that each shot was perfect.

The group that didn't practice did very poorly on the final test. The group that did practice got a great score...

And so did the group that had only practice shooting free throws in their mind.

Many other tests just like this one have consistently come back with similar results.

# The 5 Minute Miracle

This mental exercise should be done at least twice daily (once as soon as you wake up, and once again just before you go to sleep). Before diving in, I must stress to you the importance of your thought patterns, that is, the way you think.

In the following exercises when you are required to imagine yourself playing guitar, you need to imagine what your guitar would actually look like to you. So there is no point imagining yourself playing on a huge stage (save that for your dreams!), you need to imagine yourself looking down on the fretboard, where you would normally practice.

Another great thing about these exercises is that you never make mistakes, there is no possible way to make a mistake unless you imagine you do, so simply don't.

Imagine you are playing note after note better than ever before.

You will notice you start to make less mistakes when you are actually playing, all because of these simple exercises.

## How To Execute The 5 Minute Miracle

Sit down in a quiet place, turn off the lights, and be free from any distractions. Close your eyes and imagine yourself sitting down with your guitar. See every little detail in your hands, your fretboard. Play a note, any note, hear it ring out, hold it for a while. Move to another note and do the same. Do this until you feel that you are 'locked in' and fully focused on you playing guitar in your head.

Next start playing a song you know, go right from the start till the end. Hear every single change go perfectly, hear the exact sound you would hear if you really had your guitar with you. You may want to play a song on a cd and play along with it in your head to help you visualize.

Lastly, play something that you have trouble with. It doesn't have to be hugely technical, just something that you know yourself you need to work on. Play it through slowly, then eventually speed it up till you are playing it at full speed, note perfect.

That's it! The single most powerful exercise you may ever do **WITHOUT** your guitar!

You may want to pick up your guitar and play the things you just played in your head, you will notice they seem more fluent, precise and basically exactly the same as you imagined. For some people it takes a few tries to get this right, but once you have it is something you will never forget and will become quite enjoyable.

# The Reoccurring Thought

After you get use to the 5 Minute Miracle, you can move onto The Reoccurring Thought. In a nutshell, all this is, is training your brain to play things on the guitar when you hear them. That is play them by ear, in your head.

You may be thinking “But I can’t play by ear!”

This is not a problem; all you need to do is imagine. Granted that this takes longer to see the results than the 5 Minute Miracle, but it is well worth it. Some people who have been trained this way, can now play anything they hear straight away. This is an amazing feat and is something that very few people can do.

You need to start thinking about your guitar, every single time you hear music! It doesn’t matter if the music isn’t played on a guitar, it could be on a piano, violin, flute, anything! Once you hear the music, bring up your guitar in your head, and play how you think it would be played on the guitar. Remember, you will not make a mistake in your head, even if you were actually playing the wrong notes. Eventually, you will be able to play what you see in your head, on the guitar, and it will sound exactly like what you just heard.

I urge you not to think this is too much work! It really isn’t, all you need is yourself and music. Music is everywhere, in the car, supermarkets, shopping malls, waiting rooms, you name it, music is there. Never give up an opportunity to advance your guitar playing skills. It starts here!



Give this a try, for at least a day. I know that after you realize how easy this really is, you will not stop.

Once you have practiced doing this in your mind over and over, start trying out on the guitar the music you were trying to interpret, and if you were wrong, see if you can find the right notes.

Your subconscious mind is a powerful thing, and your mind is doing a whole lot more learning than what it may seem on the surface.

# How To Make It Work

These exercises are easier to some than others, but that doesn't mean you should give up if you can't get it the first time! The secret is vivid imagination, you have to feel the feelings you would feel if you were really playing guitar, seeing the sights, hearing the sounds. Until you do this it will be hard to see any results.

There really is no other secret other than you have to be dedicated to making it work. That is don't give up after a few days, stick at it and the results WILL come.

## Conclusion

I hope that this has been an eye opening read for you. I urge you give this stuff a try, and you will be very happy with what comes of it.

To your guitar playing,

Charlie Wallace

[www.GuitarMasteryMethod.com](http://www.GuitarMasteryMethod.com)