

HOW TO PLAY MINDJAZZ

What is MindJazz? Creativity + Collaboration + Action

Informal definition: MindJazz is what happens when two or more people create, collaborate, and make things happen -- in real time, together.

Formal definition: MindJazz is an intentional conversation between two or more people that leads to unexpected and exciting outcomes. It is characterized by mental energy, flashes of insight and verbal dance.

("Life is either a daring adventure, or nothing at all." -- Helen Keller)

What is required for a MindJazz session?

System requirements (minimum): Two human minds that are live, awake, and aware of self and the other.

Essential: Trust and respect, the freedom to "go big" and a focus on "easy, effortless, and enjoyable."

("The mind is not a vessel to be filled, but a fire to be kindled." --Plutarch)

Principle #1 -- Follow the energy

The metaphor is that of a jazz ensemble. To increase awareness of the energy and where it is going, ask what type of jam session have you gathered to experience? Avant-garde jazz, cool jazz, hard bop, electric, or free form exploration? Are you cutting a record, so that you need a defined outcome? Or are you jamming for the sake of creation? Ask "what is the desired outcome?" and then just head there.

("Energy is equal to desire and purpose." --Sheryl Adams)

Principle #2 -- Dance in the moment

Jazz happens in real time. It flows. It's in the moment. It's about grace and spontaneity. Even if you're playing a familiar tune, things happen.

("You don't learn to play the blues. You just play." --Miles Davis)

Principle #3 -- Share your gifts

Each player brings their instrument, their skills, their passion, and their music. Great players share all of who they are.

("Music is your own experience, your thoughts, your wisdom. If you don't live it, it won't come out of your horn." --Charlie Parker)

Principle #4 -- Listen for the backbeat

A jazz ensemble stays in synch with each other by listening to the rhythm and the melody. Stay in touch with each other by listening to your intuition.

("When it comes down to it, you have only your intuition to guide your actions.

And you never know the outcome until you act." --Anonymous)

Principle #5 -- Challenge the boundaries

Aim for the highest possibility. Push the envelope and allow it to happen.

("Where do you want to go from here?" --The Cheshire cat to Alice, Alice in Wonderland)

Principle #6 -- Step into the unknown

Go someplace where no one's ever been before.

("Don't play what's there. Play what's not there." --Miles Davis)

The Key: Choose to play

You can't be a musician if you don't make music. You can't be an actor if you don't act. You can't be a dancer if you don't dance. So, choose to play your music.

("If you can walk, you can dance. If you can talk, you can sing." --Zimbabwean proverb)

When to use MindJazz?

Use MindJazz whenever you want a group or team to function at its most creative and collaborative edge.

("When will we live if not now?"--Anonymous)

SUMMARY: *"To be and stay a great musician you've got to always be open to what's new, what's happening at the moment. You have to be able to absorb it if you're going to continue to grow and communicate your music. I want to keep creating, changing. Music isn't about standing still and becoming safe."*

--jazz great Miles Davis, trumpeter

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