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A friend of mine had a strange experience when she took her first piano lessons. During an early session, to the surprise of both her teacher and herself, she suddenly began to play. 'I didn't know how to play the piano,' she says, 'but I could play it.'

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The point here - most students, know, and have more, than they expect, and consider to own. Remove the self-consciousness, allow freedom and play, and then watch the results unfold, rather than trying to create fixed outcomes.

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The teacher was so excited she left the room to find someone else to witness the miracle. As the two of them came back into the practice room, however, my friend's ability left her as suddenly as it had appeared.”

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