

Spontaneity and Performance

What is spontaneity in performance?

Presumably it is not just doing what you feel like at the time. That would be more like habitual or automatic performance.

Is anything possible?

What gets in the way of a spontaneous performance?

Lack of awareness – of the possibility of freedom in performance – of what is actually happening – of automatic responses to the music or the situation.

Rigidity – mind – body

Anxiety – self doubt

Not knowing the piece well enough

Not having prepared for a flexible performance

Trying to play in a pre-planned way – A state of interpretive certainty - Having a clear idea of the best way to play it

Feeling of lack of safety in uncertainty

Lack of interaction with the other players

Lack of interaction with the audience

Poor 'Primary Control'

Focussed vision

Inappropriate breathing

Lack of balance

Judgement (in terms of going well or badly) does not seem to fit in with it. The inner voice can take away from spontaneity by being judgemental.

Spontaneity thrives on interactivity, communication and personal freedom.

I believe you need to be aware that you are there playing a concert and there are other players and there is an audience and you have various relationships to develop, i.e. with the composer, the piece you are playing, your instrument, the acoustic, the other players, the audience etc.

Your mind, body and spirit all have parts to play in a spontaneous performance.