

BEYOND BEDROOM GUITAR

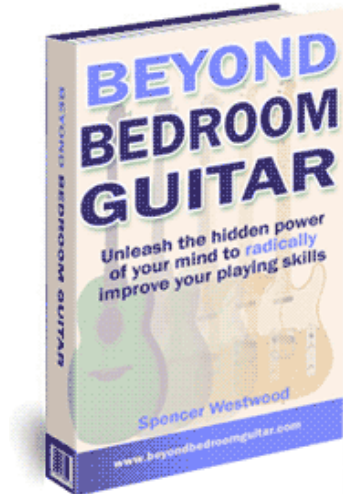


Unleash the hidden power
of your mind to **radically**
improve your playing skills

Sample

Spencer Westwood

www.beyondbedroomguitar.com



***The book that will
change the way
you think about
and play guitar ...
forever***

**By
Spencer Westwood**

Limits of Liability and Disclaimer of Warranty

The author and publisher of this book and any accompanying materials make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this program. The author and publisher disclaim any warranties (expressed or implied), merchantability or fitness for any purpose. The author and publisher shall in no event be held liable for any loss or other damages, including but not limited to special, consequential, or other damages.

This manual and accompanying materials are protected under International Copyright Laws and Treaties. Any unauthorised reprint, loan or resale is prohibited and unlawful.

CONTENTS

1	INTRODUCTION.....	3
2	LEARNING HOW TO LEARN.....	13
3	RELAXED – AM I RELAXED ENOUGH?.....	52
4	POSTURE.....	65
5	FINGER STRENGTHENING.....	68
6	TENSION – AM I REALLY THAT TENSE?	77
7	PRACTICE, ADJUSTMENTS AND LESSONS	82
8	PRACTICING FOR 24 HRS	99
9	READING MUSIC/TAB	108
10	TECHNIQUES	144
11	UNLEARNING BAD HABITS.....	170
12	USING BACKING TAPES; ABERSOLD, BAND-IN-A-BOX AND HOMEBREWED	184
13	DEEP TRANCE IDENTIFICATION	185
14	PERFECT PITCH	193
15	CONCLUSION.....	215

1 Introduction

'A journey of a thousand miles begins with a single step'
- LAO-TZU.

Welcome to Beyond Bedroom Guitar. The book that will literally change the way you think about and play guitar.

This book contains a collection of hints and techniques that will improve your playing skills and your musical ability.

In the book you will find a collection of

- NLP™ and DHE™ techniques
- Accelerated learning techniques
- Practical techniques (i.e. physical routines)
- Hypnosis techniques

All of which have been specifically tailored for guitar playing and musical applications.

What's different in this book from traditional guitar instruction books?

This book is different to every other guitar instruction book out there in many ways. Some of biggest differences are:-

- It focuses on using your mind.

Getting improved self-awareness, learning how your mind works and how to use it to accelerate your learning of practical guitar skills and musicality.

- It's not full of pages and pages of music and diagrams that give you exercises to practice in the vain hope that you will learn to play better.

Yes you can go and buy those and follow them to the letter if you want. Some of them are worth reading while your mastering the skills in this book. A lot more are not!

- It's not biased towards one particular type of music or style.

A common occurrence with guitar tutorials , in general, is that they are targeted towards a specific musical genre – even if they pretend not to be. I have purposely avoided doing that. There are some techniques that are specifically for Heavy Metal guitarists, Country/Pop players, Fingerstyle Steel string, Jazz and Classical, but most of the techniques apply equally well to all styles.

- It will be self-revealing

I knew that when I started this project it was going to be a long slog. Some of the techniques, as I tried and refined them, were going to personally challenge me to the max. Some of them are going to challenge you too. Some of them will highlight your weaknesses even though you have managed to hide them away .Be honest with yourself - quite often it really is worth taking one step back in order to take two forward.

About the Author

My name is Spencer Westwood, but my friends call me Spenny or Spen. I've been playing guitar for over twenty years on and off. I went to Music College and then did a degree in Computer Engineering. Funny what's a music college student doing computer engineering – well I got interested in the electronics side; building and repairing synths and amps. To learn more about how modern synths worked, I needed to understand more about the inside of computers. Hence the Computer Engineering.

I've played on stages in the UK and USA and I've recorded and produced demo tapes, roadied for other bands, and all that fun stuff – All as a hobby.

At the beginning of my working career I had a choice – either the music business or the computer business via computer animation. I chose the computer graphics and animation business and the music stayed a hobby albeit an important one. Since then I've had a variety of jobs, mostly IT related.

When I started playing, I had help. My dad played guitar in a band in the sixties - a "shadows" clone called the Palamino's. He taught me how to hold the guitar, how to strum, some basic chords and how to hold a plectrum (wrongly so I later found out). He taught me how to read basic music and charts. I had a head start

About four years ago, quite by accident, I got into the whole self-help and personal development thing that was sweeping through corporate cultures like a virus. Not content with skimming the surface that the few compulsory courses I attended taught, I got more and more interested. Especially on things that would increase my learning speed.

Anyway to cut a long story short, I ended up taking some courses on Neuro Linguistic Programming, which allowed me to discover what was stopping me from being my best in all sorts of pursuits. During one of the courses, I chose musical applications for most of the self-help exercises. I learnt some very useful techniques that have helped improve my guitar playing and musical abilities generally.

After that I spent quite a while searching for articles, books, tapes etc. that would allow me to find out even more musical applications of this 'mind' stuff. There wasn't one book out there that specifically covered guitarists. Yes there was one about using this 'stuff' for music in general. There was one written for guitar teachers to help their students – but no book specifically for guitarists, especially one written by a primarily self taught guitar player.

That's when it struck me – I'll write a book. I'll learn even more in the process, I'm sure there are some other people out there that would want to know how to use this mental stuff , specifically for guitar playing.

I selected or invented as many useful techniques as I could. I tried them out, adjusted them and then finally wrote them down for others to follow – this book is the result!

I welcome you aboard this journey of self-discovery that will radically improving your playing.

How to use this e-book

Fiction is meant to be read from the start to the finish, page by page. Some people approach reading text books this way but the majority don't. They dip into the book – especially if it has an index – looking for a specific answer to a specific problem.

To get the best from this book, Read the whole of the second chapter first before skipping through to any of the others. This gives the background to the techniques and lays down some fundamental mental skills.

It's a long chapter so take it easy. Read it once quickly and then read it again doing the exercises as you go through.

After completing chapter 2, I recommend that you read Chapter 3, the *relaxation* chapter, before dipping into the remainder of the book.

- Most of the other chapters are on specific topic areas. You can dip into them randomly in any order.
- Some of the chapters are for recent beginners or go over existing information – with a new slant. Others are for the more intermediate and advanced players.
- The chapters on Deep Trance Identification, Borrowed Genius and Perfect Pitch are advanced mental topics and should be left until you have tried and practiced some of the other materials.
- The First Appendix is a collection of the tab for all the exercises. This is so that you can just print out the pages you need rather than the whole book when practicing away from the computer. To save paper, when I am printing out e-books I select the two pages on every sheet option. This makes the tab a little small So if you do the same as me and print the books out half size,

that's why the tab is repeated – so you can print just those pages out full size.

Exercises are marked out using this shaded box.

**TIPS AND KEY POINTS ARE MARKED OUT IN BOLD
CENTRED AND UPPERCASE**

Am I really going to improve?

I'm often awed by the amount of poor playing that I hear around me. Some of it technically perfect but not musical and lacking feel, some of it intonation is out or the guitar is not even in tune.

Sometimes though you hear something wonderful, like the other evening when travelling back home on the London Tube I heard a classical guitarist busking and he was producing the most wonderful version of Francisco Tarrega's Recuerdos del la Alhambra. He was being completely ignored by the passers by rushing home. I missed two trains just listening.

It was an amazing thing listening to him losing himself with the music, ignoring the interruptions and the flow of people around him.

Yes I did tip him, and next time I see him, I will buy one of his CD's.

That's a challenge – could you play like that with all those interruptions going on, people walking past constantly?

Are you going to improve? Absolutely YES! If you use and practice even half the techniques presented your playing will be much better than before you started reading this book – in a much shorter time than ever before!!

I can't be there to look over your shoulder and force you to practice – every day. I can however give you some of the best 'self-help' (i.e. the ones that are proven to work) techniques to help you get better and better. The mental techniques will also allow you to practice even though you are away from your guitar for a few days.

What you want you get from this book

As I have already said - this is not a complete beginner's book. It's not a 'How To Play Guitar in 21 days' book .

The market is flooded with books that teach you how to play from scratch so if you're a complete beginner contact me via email – I'll give you some personally tailored recommendations depending on what style of music you want to play and what sort of guitar you have.

If you are a total beginner, the techniques presented in the book will give you a head start once you have got the basic mechanics of playing mastered.

When I was writing the book, I made the assumption that the baseline was that you've been playing for at least a couple of months, can strum a few chords and play single note lines without the frets buzzing.

Of course some of you will have been playing for years, and be very accomplished – there are still plenty of things in the book for you too.

What tools are you going to need?

You are going to need some tools to help you improve. You should already have some of them - if you haven't I recommend that you get at least these listed below.

A metronome. A real one. There is nothing quite like the original wind up metronomes for learning rhythm. It has a visual, auditory and physical click. Electronic and computer ones miss the feeling effects of the tick (unless you have the volume up way loud), and sometimes the visual effect is not quite as good - The swinging of the little weight backwards and forwards teaches your unconscious the in-between spaces of the beats as well as the beats themselves.

So go out and get yourself a proper mechanical wind-up metronome.

An electronic Chromatic guitar tuner. I've found by experience that the more you pay the better the quality – up to a point. A strobe tuner is a little over the top – great in a Kiss rock video but just a tad too heavy for my liking. I personally use a Boss tuner but there are several great makes out there to choose from. Chromatic tuners are easier - they are usually hands free. Computer tuning software does work quite well but I wouldn't want to drag my PC with me to a session along with a guitar, amp, leads etc.

Using an electronic tuner is really important. Our ears are good but over the whole range of notes, they vary in accuracy. Some of the beginner books teach how to tune the guitar to itself which is fine

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

