

## Suggestions from Sister S

1. Make time for prayer: if the Lord says the song of the righteous is a prayer unto me and shall be answered with a blessing upon their head ([D&C 25:12](#)), make room for blessings, make time in your day for a bit of practice. Even 15 minutes daily or every other day will tone your fingers better than 2 hours weekly. But, if you have only one day, use it!
2. Think of "the Mountain of the Lord" ([Isa.2:2-3](#)) and make your hand look like it. With your knuckles raised, fingers have greater power, flexibility, strength, and choices. Check often to assure that your hand appears to be holding a ball.
3. Find the right level of "hard" ([Mosiah 4:27](#).) If music you are trying to master feels frustrating, work on an easier song or exercise, and try the hard piece afterward. See if it helps.
4. Polish. Watch to hear what might sound better. If you slow down, if you have trouble reaching because you erred in fingering, or hit a wrong note, go back. See if you can play that phrase four times with no mistakes. Then go a little more, and work into it. Then continue on. (See [Ether 12:27](#).)
5. Learn the end from the beginning. [Abr. 2:8](#). Musicians often begin with the last line. When that is comfortable, they play the second to the last, then third. By the time they come to the first line, the entire song feels familiar and playable.
6. Say yes. ([Isa. 6:8](#).) If you are invited to accompany or play, say yes! If you do not feel ready, give yourself reasonable time, practice-- take a breath, then do your best! The next time will be easier.