

Welcome to Ami Sarasvati's

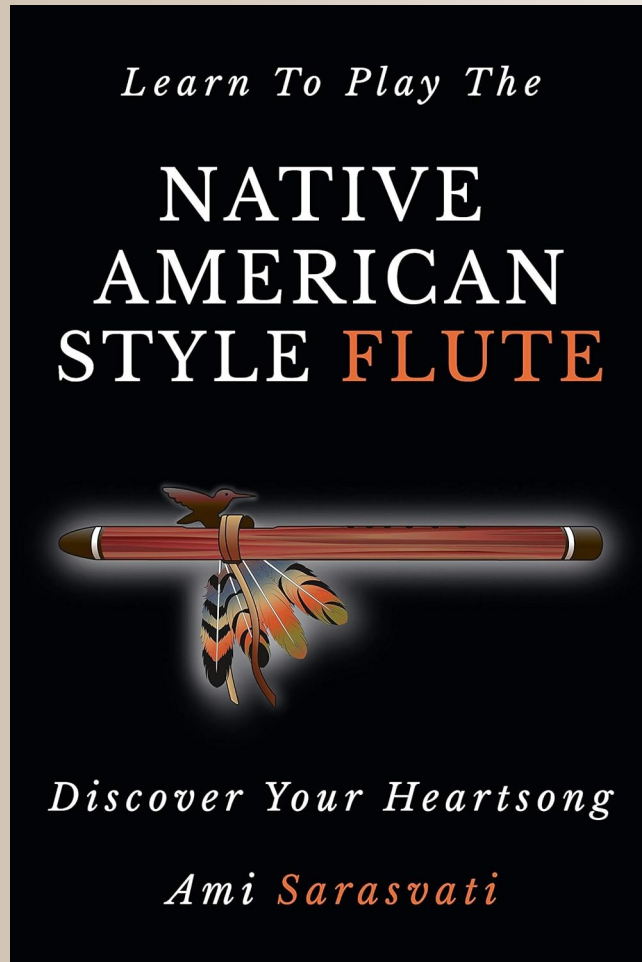
Library

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Ami Sarasvati



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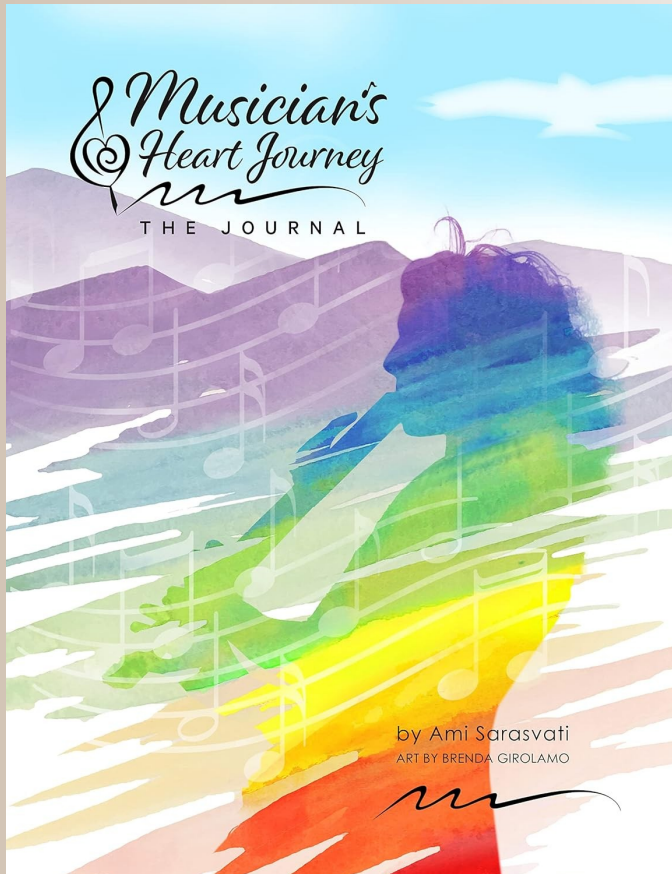
This little book is the perfect place to start your journey of learning to play the Native American style flute (NAF). No musical experience is necessary. In fact, for many people, learning to play the NAF is their first experience playing an instrument. This book will guide you through the basics of playing your flute right away. For those who want to continue building their skills, this book provides plenty of material to do that. Additionally, find free videos to support your learning at: www.LearntoPlayNAF.com.

Book contents include:

- Common bad habits to avoid from the start
- Discovering your heartsong as a personal practice
- Playing from the heart, the alpha and the omega of the NAF journey
- Best practices of playing the NAF
- Pranayama, the practice of breath control, another benefit of playing NAF
- Basic musical notation and how it relates to the NAF
- The Welcome Song and other songs to learn with audio examples on Soundcloud
- Nakai Tablature instruction worksheets built right into this book
- An Extended Scale Reference Sheet showing all available notes and intervals on your NAF
- Lakota Courting Song duet arrangement to share and enjoy with your flute friends
- A chart on how to play the NAF with guitar chord progressions
- Mode 1 and Mode 2, as well as the minor and relative major keys for each flute
- Numerous valuable online resources and access to video examples of how to play with others
- Much, much more!

The Native American style flute is a musical instrument anyone can play! Discover your heartsong through your Native American style flute.

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Musician's Heart Journey is a journaling course and daytimer for musicians who enjoy journaling and desire to get in touch with the voice of the inner musical muse. This important inner resource illuminates the next step on your unique musical path, week by week. Meditations, writing prompts, and a two-step journaling method, escort you on a journey where you create and develop your unique, heart-centered musical goals.

Tools for this work include:

- The Future Musical Self Meditation
- Your Musical Timeline
- The Musical Breath Meditations
- Heart-centered Musical Goal Setting
- ... and so much more!

Are you ready for a paradigm shift as a musician? Expand your musical awareness through powerful meditations such as "the Cross-road" and "the Musical Library." There is a visual art project that reveals your musical interests. Through this work, your musical map begins to appear before your eyes.

The repeating weekly tools in this work include the Compass (daytimer pages) and the Magnifying Glass. These tools keep you on track and heart-centered with your musical pursuits. The Compass illuminates the path ahead for the next week. The Magnifying Glass is made up of Reflection questions and writing prompts to help you look deeper into your previous week's experience and make choices for the upcoming week. Each week is followed by two Open Pages which invite you to reflect and dream openly. The Open Pages give you a luxurious place to do what journalers love to do!

If you are a musician who loves to journal and desires a heart-centered approach to develop your unique musicality, *Musician's Heart Journey* invites you to get your journey started today. For all offerings of this work, including an online journaling club, visit: <https://musiciansheartjourney.com>.

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Are you ready to add variety and spice to your Native American style flute playing?

Expand your musical horizons by learning to play the musical modes on your Native American style flute!

For intermediate and beyond NAF players. Maybe you've never heard of the musical modes. As humanity has evolved, so have these mysterious musical modes, yet they may appear daunting to NAF players. No longer!

Here is your invitation to deepen your musical roots on the NAF. These pages offer you immediate access to the modes with straightforward finger charts, Nakai TAB, and other references. You can play the modes on your flute within minutes using this book.

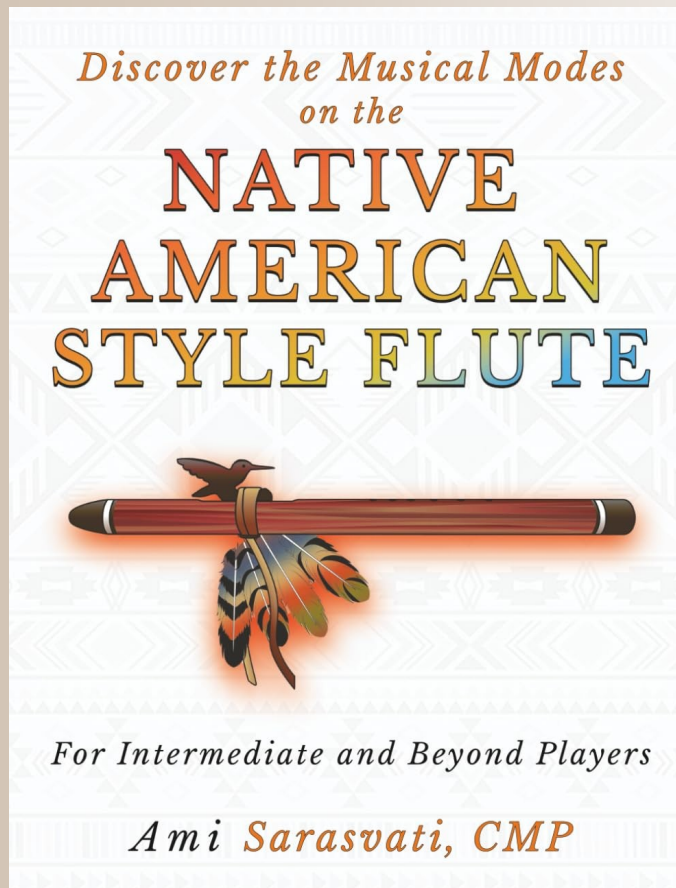
In addition to the charts, this book offers a brief understanding of the musical modes, pointing out their characteristic sounds.

Book contents include:

Introduction - Start Here

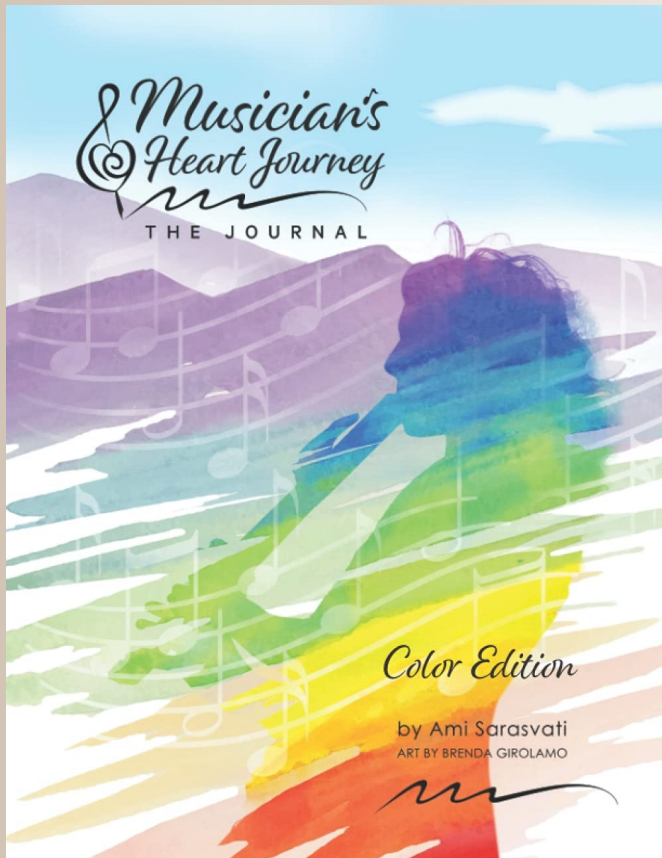
- Welcome from the Author
- Book Crossroads
- Interval Function
- Let Go of Pitch
- Positions 1, 2, and 3 on NAF
- Three Root Notes on NAF
- Mode Chart Legend
- Flavor Notes
- Major Scale Modes
- Minor Scale Modes
- The Diamond Method
- Pentatonic Pyramid
- Improvisation Formula
- Two Parent Modes
- How Chapters are Structured
- Book Strategy

To read further, please click the link at left.



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This edition offers a color version of *Musician's Heart Journey: The Journal*. *Musician's Heart Journey* is a journaling course and daytimer for musicians who enjoy journaling and desire to get in touch with the voice of the inner musical muse. This important inner resource illuminates the next step on your unique musical path, week by week. Meditations, writing prompts, and a two-step journaling method, escort you on a journey where you create and develop your unique, heart-centered musical goals.

Tools for this work include:

The Future Musical Self Meditation

Your Musical Timeline

The Musical Breath Meditations

Heart-centered Musical Goal Setting

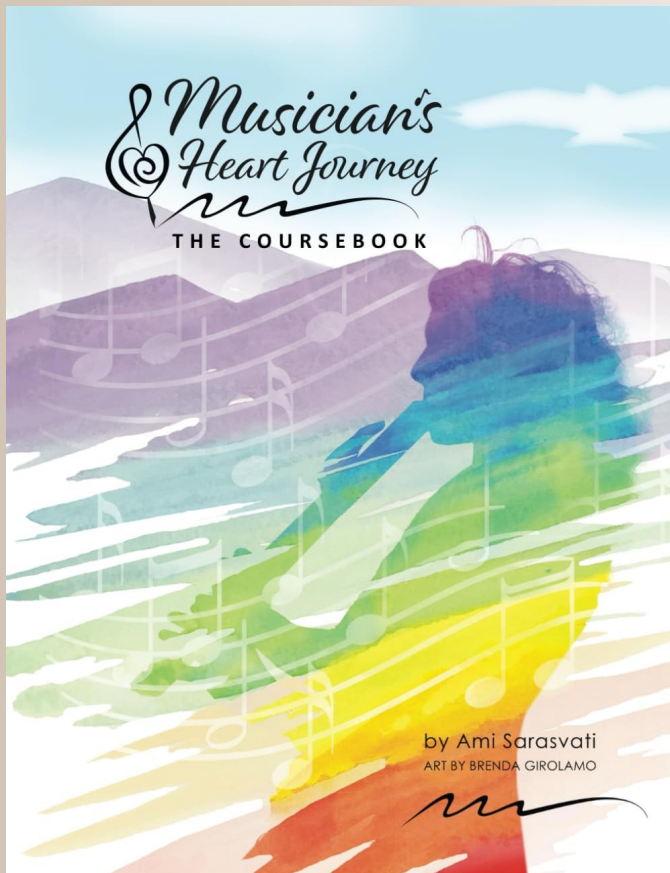
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Are you ready for a paradigm shift as a musician? Expand your musical awareness through powerful meditations such as "the Crossroad" and "the Musical Library." There is a visual art project that reveals your musical interests. Through this work, your musical map begins to appear before your eyes. The repeating weekly tools in this work include the Compass (daytimer pages) and the Magnifying Glass. These tools keep you on track and heart-centered with your musical pursuits.

The Compass illuminates the path ahead for the next week. The Magnifying Glass is made up of Reflection questions and writing prompts to help you look deeper into your previous week's experience and make choices for the upcoming week. Each week is followed by two Open Pages which invite you to reflect and dream openly. The Open Pages give you a luxurious place to do what journalers love to do!

If you are a musician who loves to journal and desires a heart-centered approach to develop your unique musicality, *Musician's Heart Journey* invites you to get your journey started today.

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Note: This coursebook is the abridged version of the well-reviewed *Musician's Heart Journey: The Journal* which comes with a year's worth of pages for journaling. This coursebook edition is just the journaling course itself.

This coursebook is for musicians who enjoy journaling and desire to get in touch with the voice of their inner musical muse. This deeply personal inner resource illuminates the next step on your unique musical path, week by week. Meditations, writing prompts, and a two-step journaling method, escort the reader/musician on a journey where you create and develop your unique, heart-centered musical goals. Tools for this work include:

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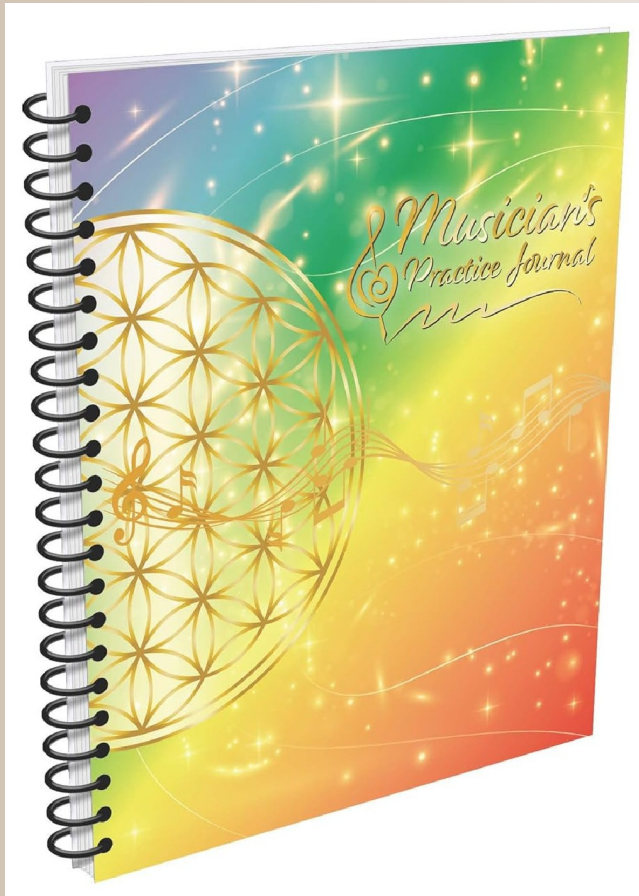
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Musician's Practice Journal



Click [HERE](#) for more information or to purchase this title.

The *Musician's Practice Journal* is a simple method to finally get organized and directed in your musical life. Instead of showing up for your music practice with confusion and lack of focus, the *Musician's Practice Journal* guides you every single day, week by week, one month at a time. This ultimate practice tool illuminates the next step on your musical journey.

At the end of each week, journal prompts reveal the direction to go toward developing your authentic sound--the one that makes your heart sing.

The *Musician's Practice Journal* method of journaling invokes the intuitive voice (your inner musical muse), as well as gives you a system and structure.

This specialized journal is the main tool of the method. It is designed for musicians to get inspired, track music practice, define practice segments, reflect weekly in writing, and set realistic goals for the coming week.

Musician's Practice Journal Contents:

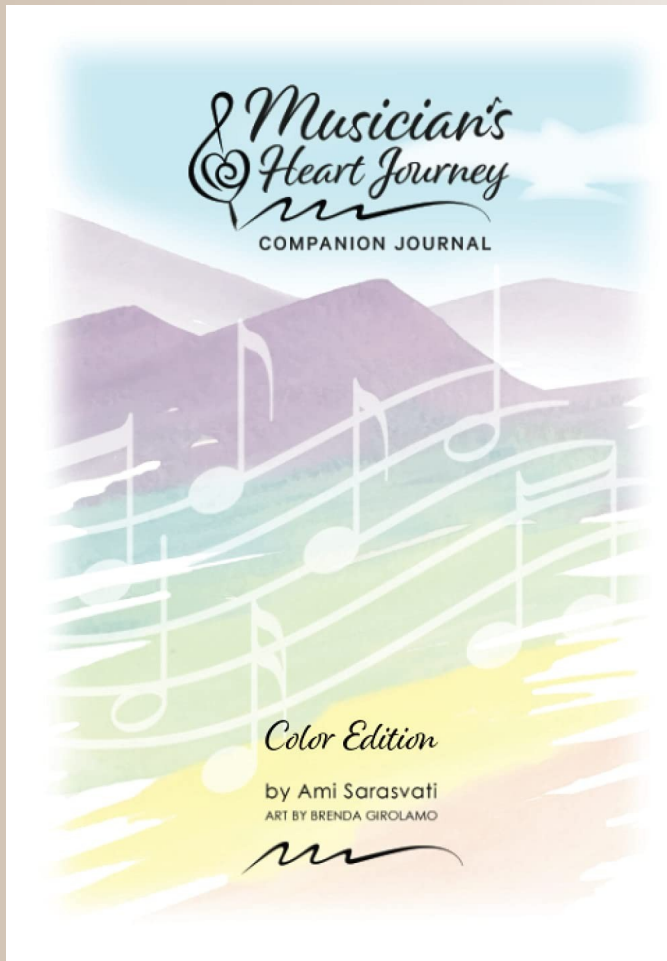
- * Welcome Message from Ami
- * A Musical Breath Mantra
- * The Journey Inward: the 4-step journaling method
- * Flower of Life Outline, Be Creative
- * Draw Your Instrument
- * Gratitude Log
- * Journaling Prompts

Repeating Weekly Content for reflection and planning:

- * Magnifying Glass
- * Compass
- * Open Pages
- * Sunday-Saturday Daily Practice pages

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Musician's Heart Journey is a journaling course and daytimer for musicians who desire to tune in to the voice of their inner musical muse. This is the color edition of the medium-sized version of *Musician's Heart Journey: Companion Journal* and provides additional room to journal more extensively. The Companion Journal is available in small, medium, and large sizes. It is available in black and white, and color (interior). It can be used independently, without the course.

★★★★★

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