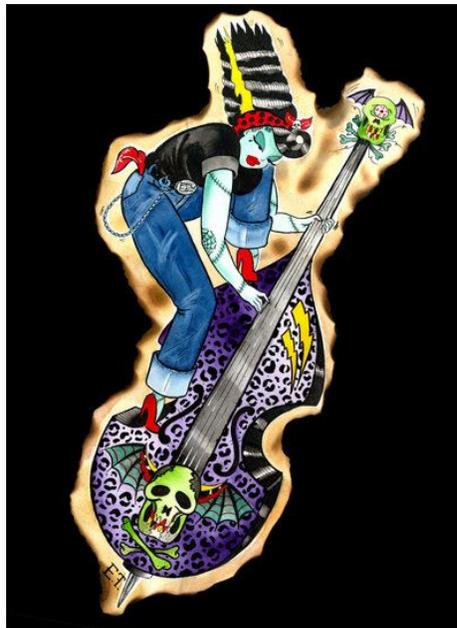


Frankenbassist

I won't beat around the proverbial bush: change is challenging. Our egos identify with every aspect of our being and personality. Even things that we objectively define as "bad" (smoking, poor eating habits, sedentary lifestyle, procrastination, anger management issues, etc.) are part of our identity, and any attempt to change will be seen by our subconscious mind as a veritable assault on our very being. Our minds are actively working to subvert and undermine our every attempt to become our best selves. One powerful way to subvert this unproductive mechanism involves role playing and is essentially the mental equivalent of "dress for the job you want, not the job you have".



Enter "Frankenbassist" (or "Frankenbassist's monster for the overly pedantic). Frankenbassist (or "F.B.") is an imaginary construct of your own design that embodies every aspect of the player, musician, and artist that you aspire to be. F.B. can be made up of aspects of world class players that you admire, but it can and should also include attributes from your favorite athletes, entrepreneurs, actors, historical figures, etc. It is the first step on the road from "act as if..." to "BE as as if...". Visualize every aspect of a day in the life of this aspirational avatar. What time do they wake up in the morning? What is their first thought upon waking? What do they have for breakfast? What's on their music stand? How do they respond to challenges during the day? What is their attitude toward an upcoming performance? Leave no stone unturned from their inner and outer life. This should be about so much more than just modeling the technique or performances of your bass heroes and mentors. Step into your role with the enthusiasm and commitment of a young Robert De

Niro. It is method acting at its finest. Live and breathe every aspect of “F.B.” until you embody the character. Fake it until you make it. And yes, I am talking to you.



SEPTEMBER WORKSHOP POSTPONED

The Workshop scheduled for SUNDAY, SEPTEMBER 20 @ 10AM PDT on Zoom: (Fractal Workshop Pt. 3) has been postponed. Stay tuned for new dates in October.

FRACTAL BASSIST Channel on YouTube (Coming Soon!)

This invite-only YouTube channel will be a continuation, development and place to share these ideas and principles. Although the entire Fractal Fingering course and samples are available online and at DiscoverDoubleBass.com, this channel will provide a forum for more in-depth content and to address questions on a more individual basis.

If you have any questions, comments, ideas you'd like explored, or inspiration you'd like to share please email: davidallenmoore@fractalbassist.com.

With Love,

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