

Edith Gutierrez 10/15/78

PO: I told you that I was interested in attention^{the} the way it works, and in my own work and in what variations occur in works of other musicians and I just want to know how one pays musical attention whether one is a composer, or performer, or a listener, so I got a set of questions we can go through them and you can tell me what you think/

In your ^{own} attitude about your music making—a what kind of changes have occurred through your career?

EG: Are you speaking of a career as a teacher, or a performer or what?

PO: ^{Well} Let's say a performer.

EG: From what time?

PO: As far back as you want to go as far back as you are aware ^{of having} you had an attitude about what you were doing as a performer.

EG: Well, in the beginning I can remember my first performing at the piano was when I was four years old and I would go in and play whatever I would ^{had} hear my mother's pupils play and try to make the same sounds on the keyboard that I had heard them do using any fingers or any means of producing that sound and I could but not wanting her to show me anything about how to do it. Later on I remember listening to her teach and having very hostile feelings toward ^{her students possibly because they took her time away from me & I was the only child & therefore} I felt very hostile toward ^{anyone who came to take} lessons from her although I could hear & wanted to ^{imitate} what they had done on the piano after they had left and later as I began to learn to play myself I always played in her piano recitals & a usually.

had a ^{very} good response from parents or whoever was there attending in attendance. And as I went on I belonged to a Music Club that met ~~down~~ at the YWCA, ^{performed there.} / + later I performed at school + then I learned how to play the violin + played in the school orchestra.

but I always seemed to like the piano best and at home I used to play I played the violin, my daddy played the ^{CELLO} ~~chello~~ and my mother played the piano as a trio together but later on I played the piano almost exclusively and dropped the violin altogether and my greatest delight came in playing for dancing class I played for many different dancing teachers and I enjoyed that kind of thing and later on I discovered I had gotten into some habits of some things that I wanted to break or improve on and I began to listen to good piano stylists and try to imitate what they did, much, much later was fortunate enough to be instructed by Bill Knight and by Ricky Den who are very fine piano stylists and I find that ^{new} after years of having abandoned that the type of thing that I love best and devote all my time to teaching but this past summer a very interesting thing happened to me because subconsiously I guess all the ^{? tunes} tens that were in my mind are still there came out and I had an opportunity to play at a couple wedding receptions and I worked very hard at home to prepare myself to play and sound that I had always wanted to develop but been scared away from because of other things taking up my time it seems that all of it came out just the way I wanted it to this moment and I never enjoyed playing so much in all my life

PO: So, as you consider that to be a change in your attitude or

ED: It seemed to be continuation of ^{some} things that I ^{had} already wanted to develop - you might ~~sort of~~ say there is ^{part of a} change to ^{through} because had my mind been taken up with all the music that I am now ^{find} ~~was~~ ^{it} taken up again since I've gone back into teaching this fall it seems to push the rest of it out of my mind it doesn't really push it out of my mind its there it would come out anytime ^{but} its seems that I don't have enough time or capacity to handle all of it at the same time probably did all the other complexities of day to day living now that Mr. Hogats is out very student things being taken care of but always in the back of my mind there is this total desire to develop my entire self to developing my own style of playing like I want to play

PO: So, do you think thats been a consistent attitude to you think, all along?

ED: Has that been a consis

Yes it is a consistent attitude but its also involved changes I think from time to time because its certainly involves jazz and jazz of course is always changing ever changing I never sit down and play the same thing twice and that is a thought ~~to consider~~ ^{of changing} consider of changing I don't know ^{whether} if thats a type of change you had in mind

PO: Well, lets go onto the different questions see how it comes out What changes have you experienced in your emotional states during your music making?

As it applies to myself?

Yes, as a performer

I'm not to sure. I believe ^{that} I used to try to please other people more in playing it was always perhaps a little afraid of not producing what someone else wanted or expected of me and now the biggest change that has happened to me in that respect is that I want to please myself now. I want just to sit down and play the way I wanted to be and I'm not to concerned with what I think somebody else wants of me

What about your philosophy about performing. What changes have occurred in that, how do you think of that?

Would that be very different from what I have been saying?

Well, maybe not - maybe not

You see I have the feeling that I have lost myself so a in getting to deeply involved perhaps ~~of~~ⁱⁿ problems of students and pushing my own musical desires aside on account of not having enough time to encompass all of it It would be rather hard to evolve any kind of philosophy about playing to devote my entire self and all my entire energies to it the way I would want to

Could you describe how you would want to do it?

Not in a disciplined way. I would like to just have all of my time completely for myself and then whatever happen - happen. I probably wouldn't approach it the same way every day.

What has been or what do you think is a creative ^{event} musical for you in your performance and how do you produce it?

Just to pursue the way I feel through the keyboard. To play me

Then are you aware of your own attention in the way ~~you are~~ distinguished from what your playing while your playing?

I'm not sure what your saying?

Well, attention? Attention we can think of attention ^{when} we focus on something or we can think of being aware where the events are not so clearly defined but we're aware of ^{everything that's} ~~what's~~ going on / so that there's a range of attention which is ^{from} very focused to very diffused.

Attention on music or the.....?

How you are interacting with it I mean you say you are sitting there at the piano and you know what you have to do in order to make the music - where is your attention when your doing this?

Sometimes the attention is not on what I'm doing but there's one particular instance that I can site and that was at one of the receptions when I was playing ^{the summer} and I had been playing for almost 3 hrs. and it was time for the bride and groom to leave and the rest of the people were leaving and I was playing a piece that I loved very much and I was concentrating so deeply on it that suddenly I was aware that someone was talking to me and asking me something and I realized they had been talking to me and I had not heard what they had said

I was not aware of anything except what I was doing^{at} that particular time and I was very deeply aware of what I was playing so much so that I did not know there was someone there standing and talking to me

Really gone way inside

I really was and I was enjoying what I was doing

Would you say that's the kind of concentration or attention^{that} you like to have?

It was very pleasurable to me because I was playing^{it} the way I wanted to play it

Well have you been aware of that before?

Probably not^{so} deeply as that one time because it sticks in my memory now and I don't remember any other instance

Do you think that the any other activity could emphasize that kind of process or in otherwords^{would you} be able apply the^{some kind of concentration to} some other form^{of} of activity?

Oh yes in yoga, always and in reading or just I can employ deep concentration I believe in any area

And is there any particular one that seems to be most heightened or is it^{that is something} just interchangeable?

I can do it in church, I can do it at home in prayerful thought or meditation if you care to call it that I can block anything else out Its very refreshing, I can do it in the midst of women^{too} that I don't want to listen to. I have employed that quite sucessfully

Were you ever aware of that kind of concentration early you know when you were going back to 4 yrs old

I think so, yes, I know so because I remember an instance that sticks in my mind when I was little and just go out when I would spend a weekend during the summertime with my grandparents and in the evenings sometimes I would go out on the porch by myself and its seems to me in my memory I was singing not words just making sounds and standing there being very emotional type of child there were usually tears rolling down my face and a not that I was sad ...

it was just enjoying the sounds that I was making and the moods that it would evoke and I remember one of those instances very very clearly I'm not sure of why I remember that particular instance at all but I can almost experience it and I can feel myself standing there with my hands behind my back and tears rolling down my cheek and making all these crazy sounds -- weird little nut

Well do you think you could go through and find other instances so there's kind of history of your performance in terms of that kind of concentration? For instance, how did you acquire your skills I mean what skills are important and how did they figure into this attention and this concentration that you talk about?

That would be a little difficult to say I think it just stems from a what I would consider to be any average child's desire to inform himself about things or for that matter when you watch baby animals like i've been doing this summer we had... ^{when you just sit & watch them} they discover & explore and

learn about things

its seems to me that they sometimes sit and almost concentrate on trying to figure things out to see how something works or what somethings for and I think children more or less have a tendency to do that perhaps some of them to a greater degree than others.

I know that I would become very silent perhaps another type of child with a different temperament from mine might become aggressive and throw themselves around and be very active and a reach and grasp something for themselves I would tend more to be quiet, very quiet & sort of clam up and sit and wonder about it and try to figure it out willing to figure it out for yourself

Your willing to figure it out for yourself.

Q. I think so, thinking now with certain groups I find that there's a reaction that depends on the type person I'm with ^{that I find myself a} whether become very....talk alot or simply have absolutely nothing to say I think you find out more sometimes when you have nothing to say

And be more receptive - whats coming out See what value it has to you I guess If you, do you think there's any changes in the ways you use skills that you have

Well I think all of us would be in bad fixes if we didn't go through some changes skills ^{we} we certainly never progress

Do you remember any particular change anywhere?

As applies to my students I find that I give them the reins more and let them explore more instead of trying to open up their heads and stick a funnel in it force stuff ^{down} inside of them

Do you think or do you notice maybe how their concentration is working?

I think its there when you ^{set} give them ^{home} a chance to use it, you talk to much to students there attention wanders and chances are that there not listening to what your saying

Do you think or do you want them to have the same ^{kind} concentration you do?

That would depend on what there needs are, I need it maybe their needs are different from mine I would hope that whatever I could help them to attain to fit their needs not mine

Afterall that we've been talking about do you think are you doing what you say your doing in your performance?

What I say I'm doing? What, I don't quite understand.

Afterall of what you said in this conversation - is there anything you want to change or does it feel right?

I'm not sure.

*Then I'll be collecting ^{things} from ~~others~~ other people, these same
guistors - interesting how people think there psychy attention
that ~~could~~ ^{should} be interesting - ... Sometimes maybe
I think ~~be~~ ^{from} faking(?) ... think they do or having experienced
in some way the way they feel*

.....

almost sensitive perhaps about it that a you immediately expected to keep the conversation ball going batting it back and forth constantly no matter what comes out of your mouth so long there some sort of conversation going and I don't like that and I think that you have just as much communication by being with the person perhaps spending a silent time together in silence. It doesn't necessarily have to be

Do you think maybe this form of concentration that you like that you've noted now that we've talked - you mentioned how emotional you were as a child but do you think this form of concentration gives you the way of controlling that - controlling you emotions?

I think

you certainly do that with yoga and a there's other things involved like the breathing, breathing always helps a person to bring himself under control persons do before they are going to perform is to practice deep breathing

You know there are other forms of concentration for instance in the karate one of the things we have to be, really be aware must be aware of outside in which is the opposite of yoga concentration

How do you do that?

Well, there's a different kind of attention that operates (I don't want to)

You mean
Sort of cosmic awareness or what?

Well I wouldn't go so far as to put that word on it instead of a narrow focus with the lense ^{kind of} opens up I'm just using lense as a metaphor because you may be aware of everything visually or may be aware of everything auditor, what you hear, may be aware of everything the way your body is sensing or even smelling you know all of those different ways of picking up information thats coming in so its like having your lense open wider and wider ^{until it covers the whole field} ~~so that the~~ ^{except that} detail is not clear so that you become sensitive to any changes that occur so thats a different kind of attention but if your attention completely turned in or even pointed toward one thing but you got to do that in karate also because if you sense the change then you probably will have to make some action to protect yourself or attack and so that then everything has to be channeled exactly to the target and thats a very narrow focus so thats those of two kinds sort of opposing kinds of attention that we have you know as human beings and we can use them in various ways its just interesting people to it.

Well it seems to me when I was going to yoga class one of the things
..... that we were
feel relaxed
it was growing bigger, bigger and bigger
getting out

That's interesting, do you think that there may - you spoke about playing at the wedding this summer and having that experience really deep concentration - do you think there's a relationship between

your having done your yoga for a year and that experience?

Very possible - it may have released something that was blocked
that prevented me from being free from not playing
your not playing constantly
gives you something to rely

PO So you were really relying on your store

EG Right and it was there and it flowed freely.

PO It sounds to me ^{like} there could have been a connection that the yoga
kind of gave you permission to do the thing that was natural for you
to do.

EG I think so

Yeah

EG Its very possible and very probable

PO So thats an interesting application of how yoga feed ^{you} music activity
maybe you had an affinity ^{to} yoga on account of the way you were
approaching your music - so

EG I was very, very reluctant to return ^{to teaching} because
its not because I don't enjoy doing it because I get
but the only trouble about is that I do not have the capacity for
doing the other things I so want to do

PO Feels like theres no space

EG So much time

PO I just recently got something interesting that I want you to experience
Lester has a friend who is a clinical psychologist who had studied

some karate with Lester and the last ten years he has developed some audio tapes which introduce people to what he calls "Open Focus" which is that kind of awareness that I was telling you about in karate but where a these tapes are meditation they promote really very deep relaxation and the method he uses is free of any kind of cultural or religious bias and the instructions to develop objectless meditation - object within an image and the way he does it is he asks questions which are like this can you image the space between your eyes, and a kind you image the distance between your lower lip and your bottom of your chin and it goes on with whole theories of things and if you try to image these things pretty soon your not thinking about any particular object of distance, space, volume and things like that and it really works and it really takes you into a really deep state of relaxation and one of things that I thought would be particular value to you he has a tape which is dissolving pain and its using that form of meditation to work on pain whether its physical, emotional whatever shows how to absorb that into your system in a way that it diffuses instead of becomes so being so focused, narrow , pointed and painful so its really interesting. We are going to have a seminar here tonight and work with these tapes and I've ordered them and soon as I can I'll see that you get them too. You can put it into cassette tape recorder at night and we've been doing it and boy it really made a difference to us. Rosy said she's a different person.

Well, I believe you

But I think it would be very helpful and may open up to you thats a little different too - a different way of thinking - so