

## WindWorks Lecture 1

### *Stinkin' Thinkin'*

[www.mysterytomastery.com/windworks](http://www.mysterytomastery.com/windworks)

Hi, I'm Greg Spence and welcome to WindWorks.

WindWorks is a comprehensive technical development and reprogramming course that covers everything that you need to know, allowing you to play all over your instrument freely and efficiently with a great sound, avoiding the traps that most players, beginners all the way through to professionals fall into.

Now I'm going to share with you a little secret. Your lips are too strong already. Your body is too strong already and we use them to fight against the instrument. Why? Because of our **Stinkin' Thinkin'**.

Now I'm really excited to share WindWorks with you. You're about to discover that it is a strategic online course. It's not just a book with a bunch of exercises and you go through and play whatever exercises are your favourite and do it however you think is the right way.

Everything is explained in detail and I'm going to show you how to do it.

This video lecture is 1/7 and if you are truly hungry for success, watch the entire video, it is the most important video of the whole course.

Now I'm going to walk you through the course, step-by-step, showing you exactly what to do. Showing you what not to do, traps to avoid and help you recognize things that you're already doing that are severely inhibiting your playing now and limiting your development.

You have to watch the videos over and over. Watch them, re-watch them. If there's something that you don't understand, the answers are there. I've tried to make the videos as concise as possible, but a lot of people email me asking questions of things that are actually mentioned many times in the videos. However, if you've watched them a few times and you're still confused, please just ask.

Now, I recently became aware of a term called **Stinkin' Thinkin'**. It's bad playing because of the bad processes that are involved in creating sound.

Any physical act is driven by either or both a conscious or subconscious thought, and we want those thoughts to be constructive and positive to get a positive physical outcome.

There is a better, easier way to play your instrument. And the cool thing is WindWorks is fun, it's logical and it will work for you. I honestly believe anyone can play anything that they wish on their instrument.

The entire course takes you from beginner standard to professional level or can take you from a frustrated semi-pro or professional player to a happy professional player.

Who, What, When, Where, How, Why?

## **Who is WindWorks for?**

WindWorks is for anyone wanting to learn or improve their playing. Beginners, intermediate players, comeback players and working professionals will all benefit from the information and demonstrations and exercises contained within the WindWorks course.

## **What is WindWorks?**

WindWorks is a course that reprograms your playing by using neuroplasticity to change the way that you think about playing, eliminating the **Stinkin' Thinkin'**.

I've studied... this is just the handful of methods. Most of the methods and when I say most probably nearly all of the methods out there and whilst a lot of them have a lot of great stuff to offer, they generally all miss the most important point.

And that is the process of learning, giving you a real understanding of what you need to do, how the instrument works, what it feels like to play, how to program ourselves, how to recognize negative tension in the system and how to eliminate any bad habits.

WindWorks is not just a course about exercises. It is a course about correct playing processes. The exercises are merely a test of your new processes and programming. Let me say that again, the exercises are merely a test of your new processes and programming.

## **When can I practice WindWorks?**

You can practice the many WindWorks concepts which I call the *WindWorks Secret*, anywhere: here's an example. Take your finger. Bend it around. Close your eyes, then hum a note.

Easy to do.

I'm going to explain to you why simply doing that... is one of the most important exercises any wind player can do.

The essence of WindWorks is to change your approach and that is done in the mind. Changing the way you think about playing is paramount to your success, and that can be done while you're awake and believe it or not, when you are asleep. It is proven that the brain actually keeps solidifying your new instructions when you are sleeping; that is cool.

## **Where can I practice WindWorks?**

You can practice WindWorks anywhere. There are two elements to upgrading your playing, your understanding and your execution. Obviously, the playing needs to be done in a practice room or in a park but many of the concepts and drills can be done anywhere.

## **How does WindWorks work?**

It's really simple. Follow and copy the instructions and demonstrations on a daily basis and let the new ideas and approaches integrate into your playing over a period of time.

WindWorks teaches you new sensations and a new psychology, new feelings and new ideas. It uses powerful drills and concepts, tools like tissues and balloons, closed eyes visualization and awareness of the body and also the voice; this will amaze you, but it's very, very powerful.

And from doing all of these concepts and exercises, you're going to really start and understand why you need to change the way you are thinking about approaching your playing.

## **Why should I join WindWorks?**

The answer to that is very simple, to get Better Results, Faster.

As I've said previously, people waste a whole lot of time doing ineffective exercises in the wrong way and it's time for that to stop.

## **Are you embracing the STINK?**

I already know that there will be elements of this course that you will disagree with, that you will not understand, and that will contradict your belief systems.

In fact, one subscriber, a professional player said "At the beginning, I thought Greg was a crackpot" but thankfully he immersed himself in the course and is now playing all over the range of the instrument with far more freedom than ever before, and he's a top line professional player.

## **I want to change my playing, but I don't want to change the way I play.**

Think about that for a minute. I want to change my playing, but I don't want to change the way that I play.

People always want to improve their playing, and that's why you're here, but often, when they are confronted with new information that does not align with their current ideas and beliefs, known as cognitive dissonance, they resist change and of course, that is crazy.

I see this on a daily basis. People threatened by new ideas and being too scared to let go of their very firmly held feelings/sensations and beliefs/psychologies.

**Consider this:** you are currently wired in a particular way. You want to get on and you want to play some exercises. That's great. But what will happen if you pick up your instrument and play the exercises? You're going to do it the way you've always done it, which means that you're going to use and engage your current wiring, which means you're going to get the same result.

That's engaging your stinking thinking and if you want to make a change to your playing, you need to change the way you do things, which requires a change of the way you think about it.

That's enough. I'm done, now I want you to get into the course. I can't wait to see you over there. Now make sure you do the quiz below and let's get started.

Welcome to WindWorks.