

Berklee Effortless Mastery Institute

A space for a spiritual psychological renaissance, where great musicians can play together and discourse in front of aspiring students. That level of EM will inspire the musicians to go beyond the power of music itself and really impact the world.



About

Kenny Werner, the artistic director of the Berklee Effortless Mastery Institute, believes that mastery is available to everyone. An accomplished jazz pianist in his own right, he uses his own life story and experiences to explore the barriers to creativity and mastery of music. His book *Effortless Mastery: Liberating the Master Musician Within*, praised by Herb Alpert as “the definitive book on how to free your creative soul,” has in the last 20 years become one of the most widely read books on music and improvisation, and has helped thousands of musicians around the world unlock their talent and potential.

There can be many blocks between the musician and the music. Sometimes the pain is physical, often it's mental, emotional, or even spiritual, such as an unloving attitude towards one's self. The Berklee Effortless Mastery Institute helps clear these blocks by using somatic and mindful approaches, including the principles put forth in the book *Effortless Mastery* and with classes in Alexander Technique, body mapping, tai chi, and yoga. The Institute helps Berklee students reclaim their inner voice and their connection to music by teaching them how to overcome these physical and mental obstacles that keep them from performing at their



Complete focus when practicing,
Total liberation in performing, Full
use of body mind and soul,
Reclaiming your love and inner
connection to your music.

Philosophy

Kenny Werner has been an inspirational speaker for over 30 years all over the world. His lectures are about achieving mastery and joy in music through surrendering thoughts, which are the source of all unrest. Playing and practicing from “the space” brings one into the moment and away from the difficulties of the mind. Detaching from the mind's thought habits connects one with their heart and their true intellect.

Spiritually, It connects one to the Master Musician Within, to all that is, an ocean of consciousness. Then one's actions naturally benefit all other living beings and the planet in general. They bring the true happiness we've been looking for, perhaps everywhere but from within.

The Three Tiers

— 1 —

- Reprogramming the body and mind
- Eradicate the negative habits, mental physical
- Reverse the downward spiral away from your goals and dreams for your music.
- Reclaiming your love of music and reaffirming the music that really moves you, irregardless of critiques and opinions from the “experts.”
- —> Damage Control

— 2 —

- Learning to play from the space without fear and self criticism.
- To be a channel for music to pour through you.
- Finding the most natural way for the body to play the instrument (or use the voice).
- Learning to receive the sound with love. (or at least like!)
- Learning to practice in the moment without being overwhelmed.

— 3 —

- Investigating the deeper meaning of music and creativity.
- Possible motivations or purposes for playing, composing, producing, etc. beyond just art for art's sake. Seeing how that makes the art even greater.
- Study of philosophy, mysticism, spirituality and all forms of wisdom.
- Applying those lessons to our journey as musicians, dancers, actors, producers, music therapists, whatever our chosen field.
- Hanging with great musicians, artists, great thinkers or generally great souls who have been inspired by a higher purpose.

“We work on becoming a clear channel that isn’t relentlessly tormented by the agitation of the mind, refines all actions and gives us the best chance to invite the Master Musician Within.”

“Committing a complex action without thought is effortless master. It is also virtuosity. Art is most profound when virtuosity serves at the feet of consciousness. Together they are Mastery.”



Berklee courses & opportunities to be with Kenny:

- Credited classes EMI-1 & EMI-2, EM-ensemble
- Forum
- Open sessions/workshops, no credit
- Visit to other teacher's classes & smaller open sessions
- Special organized lectures about other topics

Future:

- Minor in Effortless Mastery
- Certification in Effortless Mastery
- Effortless Mastery World Tour
- EMI physical space for all its activities. A place to create a “spiritual and psychological renaissance.”

Contact / Links

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www.kennywerner.com

www.berklee.edu/focused/effortless-mastery-institute

Google Talk:

www.youtube.com/watch?v=CBnYgcmSJG8



Teaching

The lessons Kenny has derived from traveling the path towards music mastery apply and can enrich anyone who seeks joy and mastery in any aspect of their lives, whether it be their hobby, their career, or simply the way they treat others and themselves. He conveys this message in two ways: Through words and music. Kenny's solo piano playing will convey the fruits of this path and stir the souls of those present. He creates fertile soil through his playing with which to plant the ideas he is about to express in the lecture. Kenny likes to say, “When the soul of the performer starts to vibrate, and he receives his inspiration from that vibration, the souls of the audience start to vibrate and that is the experience behind the music that we all crave.”