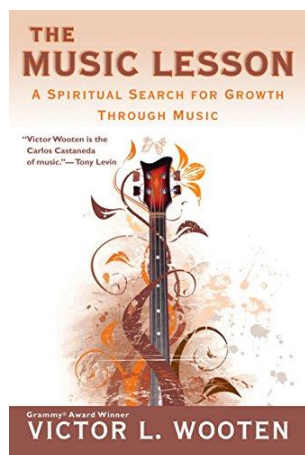




## We Read - The Music Lesson: A Spiritual Search for Growth through Music, by [Victor Wooten](#), 2006 (273 pages)

Reviewed by GPFS Member BJ Nicoletti

*Daniel Levitin, author of This is Your Brain on Music, described this book as “the best book I’ve ever read on how to actually play music.”*



This book is a deeply engaging and easy to read book that is unique in the music education and mindset literature. It offers refreshing, non-traditional perspective on the spiritual, emotional and musical aspects of making music. Going through the chapters “slowly but surely” is both meditative and energizing. It’s a humble and joyful accounting of a curious, fantastical, musically and life altering experience the author has when a mysterious, stranger walks into his home and begins helping him become a better bass player, a deep yearning of his. It is almost as if the arrival was called forth from the mystical universe. The book follows the entire encounter as it unfolds in all its surprising and hard-to-believe, yet a little believable, turns of the tale. While on this journey with the author, the reader is gifted with a smattering of profound insights into the practice of making music, life and nature. In this respect, this read feeds the musical senses and soul. **Enjoy some samples from the book on the next page!**

“The Music Lesson is the story of a struggling young musician who wanted music to be his life, and who wanted his life to be great. Then, from nowhere it seemed, a teacher arrived. Part genius, part philosopher, part eccentric wise man, the teacher would guide the young musician on a spiritual journey and teach him that the gifts we get from Music mirror those from Life, and that every movement, phrase, and chord has its own meaning . . . all you have to do is Listen.”

## Quotes from the book:

*Try easy, my friend, try easy.*

*My relationship with Music is allowing me to play better than ever and everyone can tell. It took me a while, but not I think I understand what it meant when I was told that I needed to stop playing the instrument.*

*[Victor Wooten](#) is an American bassist who describes himself as, most importantly, a loving father and husband. Among other awards and accolades, this author has one four Grammy Awards and Bassist of the Year three times by Bass Player magazine. He is also an original member of Bela Fleck and the Flecktones, a Grammy Award winning ensemble that he continues to tour with. He started playing bass at two years old. In 2011, Rolling Stone Magazine voted Victor one of the Top Ten Bassist of ALL TIME.*

*Enjoy a [Ted Talk featuring him here](#).*

*Enjoy his [YouTube channel here](#).*

*He released a second book call The Spirit of Music in 2021.*

*If I have a musical passage that I want to play, but don't yet possess the required technique, I will focus on that technique just long enough to understand the exact movements required to do it in an efficient way. After that, which doesn't usually take very long, I pull my attention back inside my mind to where Music is. In other words, I release the technique...."*

*We think that Music stops at the ears. That is a mistake. Vibrations can be felt in all places and at all time, even with the eyes.*

*Through practice and repetition, could it be that you are just convincing your muscles and your mind that they already know what to do? Maybe that's the primary function of practicing.*

*Life is a lot like Music. You've got to put some rest in there.... Create space in the appropriate way, then fill the space with a solid emotion.*

*If you keep your mind on the feel, the shape, or the purpose of the phrase, all the right notes will come out on their own.*

*Every time you move, and every time you play a note, a piece of yourself is left behind.*

*If you stopped playing notes, music would still exist.*

*Never lose the groove in order to find a note.*

*The story is in the writer, is it not? Or, is it in the pencil. Your problem is this: You have been trying to tell your story with a bass guitar instead of through it.*

*Anything, including physical actions, can be phrased.*

*Hearing the click on a different beat forced me to keep my own good time rather than rely on the metronome. It was harder to do but fortunately not impossible.*

*Most people play louder to get someone's attention, but getting quieter can stop a bull from charging.*

*Michelangelo once said when asked how he created such beautiful statues. "I did not create them," he answered "They were already there. I just removed the excess marble surrounding them"....He understood, as you must, that he created nothing. If you do not recognize that, you are mistaken, and you may be taken somewhere you did not intend to go. Follow the current of your hear, and you will remember how to play musically.*

*A child playing air guitar plays no wrong notes.*

*It does not take work; it takes remembering, enjoying, rejoicing, recognizing, playing and knowing. It should be easy. When you were a child it did not feel like work, and it should not feel like work now. If it does, you are going about it the wrong way. At that time, take a moment to go "inside." Remember what I truly feel like. Then you will know where to be and what to do next.*

Contents	
Grace Note	1
PRELUDE The Beginning	5
THE FIRST MEASURE Groove	13
MEASURE TWO Notes	35
MEASURE THREE Articulation/Duration	51
MEASURE FOUR Technique	75
MEASURE FIVE Emotion/Feel	97
MEASURE SIX Dynamics	117
MEASURE SEVEN Rhythm/Tempo	145
MEASURE EIGHT Tone	161
MEASURE NINE Phrasing	179
MEASURE TEN Space/Rest	195
MEASURE ELEVEN Listening	235
THE LAST MEASURE The Dream?	247
CODA Back to the Beginning	261

# Sponsors & Commercial Members

GPFS acknowledges with gratitude the many years of support from our [Sponsors and Commercial Members](#). It is because of their excellence that the GPFS mission can excel and celebrate our 44<sup>th</sup> year of extraordinary programming for the greater Portland area, including hosting visiting artists and local events, student study grants and a range of other resources for members and the community of flutists at large.

## GPFS 2021-2022 Program Sponsors

*The Greater Portland Flute Society thanks our Sponsors for their extraordinary support! Please show your appreciation by giving them your patronage.*



[Brannen Brothers Flutemakers, Inc.](http://Brannen Brothers Flutemakers, Inc.)  
58 Dragon Court  
Woburn, MA 01801-1014  
781-935-9522, [brannen@brannenflutes.com](mailto:brannen@brannenflutes.com)



[Canter Flute Repair](#)  
*Flute Repair Specialists*  
Beaverton, OR  
Straubinger & Muramatsu Certified  
JS Engineering Gold Pads  
971-266-4096

## GPFS 2021-2022 Program Sponsors

*The Greater Portland Flute Society thanks our Sponsors for their extraordinary support! Please show your appreciation by giving them your patronage.*



### [Carolyn Nussbaum Music Company](#)

625 Digital Drive, Ste 300  
Plano, TX 75075  
972-985-2662, 877-FLUTE4U (toll free)  
[info@flute4u.com](mailto:info@flute4u.com)



### [Flute Center of New York](#)

Phil Unger  
1841 Broadway, Suite 1106  
New York, NY 10023  
212-307-9737, [flutephil@aol.com](mailto:flutephil@aol.com)



### [FLUTEWORKS Seattle LLC](#)

[Facebook Page](#)  
781-526-3677, [fluteworks@gmail.com](mailto:fluteworks@gmail.com)  
By appointment only



68 Nonset Path, Acton, MA 01720  
978-268-0600  
[www.wmshaynes.com](http://www.wmshaynes.com)



## GPFS 2021-2022 Commercial Members

*The Greater Portland Flute Society also thanks our Commercial Members for their support! Please show your appreciation by giving them your patronage.*



### [Altus Flutes](#)

12020 Eastgate Blvd.  
Mt. Juliet, TN 37122  
615-773-9918, [Chiara.conn@khsmusic.com](mailto:Chiara.conn@khsmusic.com)



### [Burkart Flutes & Piccolos](#)

2 Shaker Road, #D107  
Shirley, MA 01464  
978-425-4500, [info@burkart.com](mailto:info@burkart.com)



### [The Flute Pad](#), in Lake Oswego

Marc Grafe  
Flute Repairs and Adjustments  
Certified Straubinger Technician  
503-351-5176, [marc@grafeworks.com](mailto:marc@grafeworks.com)



### [Flute World](#)

29920 Orchard Lake Rd.  
Farmington Hills, MI 48334  
248-855-0410, [flutes@fluteworld.com](mailto:flutes@fluteworld.com)



VERNE Q. POWELL FLUTES

### [Verne Q. Powell Flutes](#)

Christina Guiliano-Cobas, Marketing Director  
1 Clock Tower Place, Suite 300  
Maynard, MA 01754  
978-461-6111 (main), 978-344-5159 (direct)  
[CG@PowellFlutes.com](mailto:CG@PowellFlutes.com)



### [Miyazawa Flutes, Ltd.](#)

West Music  
1214 5th Street, Coralville, IA 52241  
319-351-2000, 800-397-9378  
[info@miyazawa.com](mailto:info@miyazawa.com)

## GPFS 2021-2022 Commercial Members

*The Greater Portland Flute Society also thanks our Commercial Members for their support! Please show your appreciation by giving them your patronage.*



### [Sankyo Flutes](#)

West Music  
1212 Fifth Street  
Coralville, IA 52241  
319-351-2000, 800-397-9378



### [Sherry Lee Dealer of Fine Flutes](#)

678 Sperber Lane  
Grand Junction, CO 81506  
970-242-9364, [sherrysflutes@gmail.com](mailto:sherrysflutes@gmail.com)



### [Ted Brown Music](#)

6228 Tacoma Mall Blvd  
Tacoma, WA 98409  
800-562-8938, 253-272-3211  
[sales@tedbrownmusic.com](mailto:sales@tedbrownmusic.com)



Professional Woodwind Repair  
Straubinger Certified  
Flute & Double Reed Specialist

119 Neabeack Hill Dr, Philomath, OR 97370  
Contact: Katie Cooper, 541-760-8865  
[katie@windsmithmusic.com](mailto:katie@windsmithmusic.com)  
*By appointment only.*