

How to build the neural pathways in your brain:



Train your mind like a computer so you get better **EVERY TIME** you pick up your guitar



Have you ever heard people talk about how learning guitar builds neural pathways in the brain? What does this mean? and how can you train your brain to develop these new neural pathways to work for you?

Well let's uncover what these new pathways actually look like shall we?

Have you ever had those moments when you really struggle with something but you take a break and come back in 5 minutes and it's as easy as cake?

That's the new pathways building in your brain.

Or if you've ever done a repetitive task for a long period of time. Have you noticed that the more you do it the worse you get?

Just like a car it is very much possible to gas out these neurons.

That's the line you want to ride when playing music. When you play a song you are accessing these neural pathways in short focused bursts. So you want these pathways to be as tight as possible right? Yes, you do.

So, naturally, you want to practice the same way you play: by exercising new and existing pathways in short targeted bursts.

The way we do this is by targeting these neural pathways and focusing on them for a small but extended period of time, enough to stretch your brain's abilities for a few short moments, but not enough to gas out. This allows the neurons to recharge and snap back in a tight congruent fashion.

It looks something like this:

5 mins of focused targeted training
2 min of natural playing

5 min of focused targeted training
2 min of any rhythm part

5 min focused
1 min any chords

The total practice time here should be 20 mins,

Which means we're going to repeat this cycle 3 times

For Example your practice schedule may look something like this:

1. Crazy Train Intro	5 min
2. A-minor Scale	2 Min
3. Crazy Train Intro	5 Min
4. Smoke On The Water	2 min
5. Crazy Train Intro	5 Min
6. C, E, G,	1 Min

For the second and third runs you may choose to use a different lick or riff as your main targeted focus, **That's okay.**

Remember:

The point here is NOT to practice to always get it RIGHT
But to **NEVER GET IT WRONG**

Now I want you to make your own short practice regiment:

A.	5 min. # of mistakes:
B.	2 Min.
A.	5 Min. # of mistakes:
C.	2 min.
A.	5 Min. # of mistakes:
D.	1 Min.

Take a small Riff or lick that you've been struggling with and we'll call it Set A

Find the speed at which you can play the set with the most comfort without messing up at least 8 out of 10 times, bump it up 10bpm then count the number of mistakes you make and write it down next to set A

This is important!

Take a deep breath, take your hands OFF of your guitar for 30 seconds.

The neural pathways will not reset in your brain unless you allow them to rest!

Now take any scale or arpeggio that you can play EASILY and almost MINDLESSLY and play it for 2 mins. Well call this set B

Now take a deep breath, take your hands OFF of your guitar for 30 seconds

Back to set A for 5 min

30 second Break

Now take any rhythm part or melody you know and can once again play EASILY and almost MINDLESSLY for 2 min this is set C

30 second break

Back to set A

Now take any set of chords you may know or are practicing and play them repeatedly for 1 min. This is Set D

Congratulations you've completed your first set!

Now look back at the number of mistakes you made during each cycle run through for set A and if you ran through it correctly you should be able to see an improvement!

Let me remind you once again:

Amateurs practice to always get it RIGHT

Pros practice to **NEVER GET IT WRONG**