In this day and age, many people believe they can multitask; we always want to accomplish many things at once. Musicians often try to multitask while practicing their instruments. They think about breathing, articulation, jaw movement, finger technique, and more. However, research has proven that multitasking is impossible and actually decreases our efficiency. Practicing with a “quiet mind” will lead to peak performance and avoid the detrimental effects of trying to concentrate on many things at once. Of course, the questions are: What constitutes a quiet mind, and how does one attain this mental state?

**Literature Review**

**Psycho-Cybernetics**
By Maxwell Maltz
- Psycho-Cybernetics: the subconscious is a goal-achieving mechanism steered by one’s conscious mind
- The conscious mind feeds mental pictures to the subconscious as goals which it works to achieve

**Zen in the Art of Archery**
By Eugen Herrigel
- Never think about how to draw the bow
- Only focus on breathing

**Peace is Every Step**
By Thich Nhat Hanh
- Conscious breathing in everyday life
- Staying in the present

**The Organized Mind**
By Daniel J. Levitin
- Attention is most important mental resource
- Multitasking is the enemy of attention
- Use external organization systems to clear the mind of tasks

**The Inner Game of Tennis**
By W. Timothy Gallwey
- Self 1 (conscious mind) vs. Self 2 (subconscious)
- Trust Self 2 and let the body complete the swing
- Only focus on the tennis ball

**Quieting the Mind Using Connections in the Literature**

- **Musicians must possess a mental version of their goal sound**
  “For imagination sets the goal ‘picture’ which our automatic mechanism works on. We act, or fail to act, not because of ‘will,’ as is so commonly believed, but because of imagination” (Maltz, 31).

- **Musicians must think less about how to play the instrument**
  “That’s just the trouble, you make an effort to think about it. Concentrate entirely on your breathing, as if you had nothing else to do!” (Herrigel, 40).

- **Musicians must think less about how to play the instrument**
  “Multitasking is the enemy of a focused attentional system” (Levitin, 16).

- **Musicians must let their bodies do the work**
  “…stop trying to ‘do it’ by strain and effort, picture to yourself the target you really want to hit, and ‘let’ your creative success mechanism take over!” (Malz, 41).

- **Musicians must learn to stay in the present moment**
  “Consciously practice the habit of ‘taking no anxious thought for tomorrow,’ by giving all your attention to the present moment” (Maltz, 86).

- **Musicians must learn to relax in order to focus**
  “…process of concentration by relaxing our bodies” (Herrigel, 90).

- **‘In’ and ‘Out’…As you practice, your breath will become peaceful and gentle, and your mind and body will also become peaceful and gentle” (Hanh, 7).