

Thank you Tasha. When I got your e-mail my internal critic so wanted to beat down on me but I inhibited and asked myself:

Shall I go on and do what I always do?

Shall I do nothing at all?

Shall I do something different?

I could feel the beating down on myself and the self pity space coming but I chose to do something different and take this as constructive criticism and a chance for me to grow in my personal evolution.

I can see that the beating down on myself is how I created that very anxious space after my last piano exam, and I thought about the quote (I think it is in your book) "it is infinitely the small things that are the most important."

If I can learn to react in an adult and mature way with a small stimulus like this I will eventually be able to do this with bigger stimuli as well.

So I wanted to shout HURRAY for AT iPAC and say thank you for your incredible kindness, love, and respect which makes it so much easier for me to grow in this way.

- Miriam