

YOU ARE THE INSTRUMENT

by Dave Jamieson

When all is said and done, you are the instrument.
When the tools and techniques have run their course - you were still the conduit
When you engage with a system, half of the coupling is you.
When you respond to what's going on - your self is involved
When others respond to what you're doing - It's never just what, but how.
While it's important to know theory and method, it's not enough - It's necessary, but not sufficient.
What comes out, comes out through you...

through your filters
through your self-esteem
through your fears
through your skills
through your needs
through your personal turmoil
through your presence

Such an important and difficult accountability we take on...

to be well honed
to be "in shape" to practice the profession
to be the best we can be
to be reflection of what's out there without distortion
to be sensitive to adding value without having to be responsible for all to be tolerant of such great variability.

You are the instrument of change, and that means knowing who you are...

how you "touch" people
your special qualities
what "hooks" you
how others gain from you
how you communicate with others
your way of giving
what you value and what you value blindly
what brings out of the worst in you
when you're at your best
what you're working on personally
the selves inside of you
the spaces that you occupy
how you're influenced
when it's fun and when it's not
when you're "on" and when you're "off"
your need for structure and security
your repetitive patterns

Being an instrument of change is exciting, challenging, scary, fulfilling, engaging, intense, and rewarding. Through our work we help others, and grow ourselves. Because it is through self-insight, feedback, stretching encounters, and humility that we really learn how the instrument works and how it can be developed and used to make beautiful music!

© Dave Jamison. All rights reserved.