

18 Things to Learn About Jazz from Zen

1. In structure there is freedom and spontaneity.
2. Restraints and limitations can be great liberators.
3. Don't ever force it; be ever natural.
4. Listen more than speak.
5. Speak only when you have something to say, and then in the most economic way possible.
6. Fear is natural (and human), but work through it and past it. Don't let fear hold you back.
7. Mistakes are part of it (do not worry about them).
8. Embrace the power of now, this moment.
9. Technique matters, but it's not the most important element.
10. Make no pretenses; put up no facades.
11. Laugh, smile if you feel like it...why not?
12. Share yourself with others; make a contribution.
13. Simplicity is supremely beautiful, yet difficult to obtain.
14. Silence is a powerful elements of expression.
15. Remove the clutter, strive for absolute clarity.
16. If you think you have mastered it, you've have already begun your descent.
17. Always be learning. Always be learning. Always be learning.
18. Curiosity is your greatest gift, nurture it (in yourself and in others).