

## HOW TO CREATE EFFORTLESS POWER

The secret of power is to base it on lightness.

Move fast, lightly, and loosely, and harness that power in a quick release.

The trick is in knowing how to reap that power.

Do it in a quick snapping action, like cracking a whip, or snapping the fingertip through the string.

Think of how we use the hammer. The instant we hit the nail, tremendous power is released and that power drives the nail into the wood.

Where did the power come from?

The speed in our movement and the looseness in our hand.

*The sheer beauty of this technique is that you're creating power from the release of effort rather than from its exertion.*

The moment of power is the moment of relaxation.

Apply this to everything you do, playing guitar, swinging that golf club, anything that requires

speed, power, and precision, and you'll be able to produce power effortlessly.

There're three steps to the technique.

First, create relaxed conditions in the body. Keep it loose, light, and soft.

Then move at great speed, in a completely loose and free movement.

Then harness the power in a swift and instantaneous release.

The critical thing is to keep the release as loose as possible, without any attempt at control. It must be a complete letting go.

The looser you are, the greater your power.

It's important to reiterate again, *the moment of power must be the moment of release.*

The instant you clear that string or hit the nail or ball, you must *let go of the movement completely.*

Otherwise the tension will stay in your body and hinder your movements.

The release is also important for another reason; it keeps you in a state of dynamic relaxation.