



ENSO CARDS FOR MUSICIANS

Available from

<http://www.eleanorturner.biz/SHOP.php>

Enso Cards are a set of 35 practice cards with Japanese artwork on one side and quotes, questions or ideas on the other side, designed to stimulate the thought processes for efficient practice and to provide new challenges. Designed by harpists Eleanor Turner and Elizabeth Bass, the idea behind the cards came about as a result of the loss of focus and productivity felt by so many musicians during lockdown; without concerts to work towards, meaningful practice was often very challenging. The Japanese Zen concept of *ensō* is a circle, drawn by hand in just one or two brush strokes, expressing a moment of creative freedom. It is said to depict the character of its creator and the moment of its creation.



In these cards, the enso images have been drawn by Iñaky Turner, who began studying Japanese with Megumi Keisen.

The cards are beautifully presented in a custom-made black box, and produced to a high quality. The images themselves are all subtly different and could be used as a graphic score or starting point for improvisations within a practice session. The text statements are helpful prompts which encourage the consideration of a deeper musical communications. Examples include:

Allow your vulnerability to be seen and heard.

Although physical movement created the sound, it is your imagination that breathes life into it. To make something happen in music, first you must imagine it.

Your musical voice is inherently unique. Nobody else can share your expression and perspective.

For anyone in need of a boost of inspiration, these cards are ideal; even the care with which they are presented inspires extra care in one's approach to playing music.

They also encourage us to take time to explore familiar ideas in new ways, or to find new areas of focus and inspiration. They are also available with a stationery set, including inspirational postcards and a pencil and sticky notes which are ideal for jotting down ideas and memos during practice. This is a little bit of self-care luxury which can provide positive steps to rebuild our musical lives post-lockdown. Treat yourself!

CARLA REES

