

# **The PGE Teaching/Learning Philosophy, the Step-by-Step System and its Innovative Guitar Technique Model**

**Did you know that 90% of our actions are unconscious?**

For instance, imagine you are walking in a beautiful park right now. As you walk you can see nice trees, flowers, dogs being walked and some people playing Frisbee 20 feet away. The weather is just perfect, the wind gently touches your hair and all of a sudden, your cell phone rings. You feel compelled to pick it up and start talking to that special someone you love so much.

Now, let me ask you a question. **How many different kinds of actions were you taking at that seemingly relaxed moment?**

Just to name a few:

- You were walking; that means placing one foot after the other while keeping your balance.
- You were observing; that means moving your eyes, your head and your neck in order to focus on the observed events.
- You were talking on the phone; that means moving your arms, opening your hands, grabbing the cell phone on your pocket, pressing the talk button, moving your arm again, placing the cell phone to your ear, opening your mouth, saying words, one after the other, all the while thinking about what to say next and also listening to the other person.

Question: **Were you consciously aware of all these actions simultaneously?**

**No way!**

You were probably 10% conscious on average, because your subconscious mind was taking care of the other 90% for you.

Let's imagine you were trying to be conscious of everything in that situation, your feet, balance, hands, finger pressing the talk button, words, breathing, heartbeat, etc. Would that make you have a better or worse performance?

**Worse!**

Hmm, something to think about.

## **If we try to be conscious of everything we do, we end up experiencing a lower performance.**

Now, if our subconscious mind is 90% conscious of everything we do and that is how we work the best, that means that ideally 90% of our playing should be unconsciously driven in order for us to be at our best.

**Is that what most people do?**

**I'm afraid not.**

People actually do the opposite, they try to be conscious of everything at the same time because they want to have CONTROL over everything they are doing and they wonder why they cannot perform effortlessly. I can't point fingers because I've been there in the past; we were not made to think about many things at the same time. That is why we have this amazing "super computer" if you will (our subconscious mind) taking care of all the details for us.

We need to focus on so many things in order to become an outstanding performer. We need to work on our motor coordination, reading skills, left and right hand skills, arms skills, individual fingers skills, nail shapes and sizes, interpretation, self-expression, stage presence, different kinds of repertoire, memory, and the list goes on and on...

Now, how can we make 90% of these actions unconscious and absolutely flawless?

Because if we want to be at our best, we need to tap into that resource, and that is: "Our subconscious mind".

Also, how can we allow ourselves to TRUST in its capabilities? Because let me tell you something, if you don't trust your subconscious mind will do a great job in taking care of those 90%, it just won't!

**This fact also explains why so many people perform better in private than in public.** When people perform just for themselves, they probably allow their subconscious to completely take over the 90%. Your subconscious mind needs trust and to trust is to feel 100% certain that it will do a fantastic job.

So coming back to the question: **"How can we make 90% of our playing unconscious, absolutely flawless and at the same time, trust that our subconscious mind will do a great job in taking care of it?"**

**By working on: YOUR PSYCHOLOGY**

And I don't mean doing therapy (ha, ha)

It is much more simple than that.

**Your playing is the result of the way you think. Nothing can influence your playing more than opening up the possibility for new thoughts and ideas.**

For example:

**What would happen if your way of thinking allowed you to be 100% certain that you would achieve the level you desire? How would that affect your behavior? How would that affect the way your fingers touch the strings? Your technique? How much more would you practice if in your gut you were absolutely certain you would achieve what you want?**

or

**What would happen if your way of thinking allowed you to feel compelled to get better? Not only logically knowing the reasons why you want to improve, but genuinely FEELING them at a gut level? How many creative ideas would you come up with ON YOUR OWN when a challenge shows up? Because challenges will always show up, no matter what level we are at.**

or

**What would happen if your way of thinking allowed your practicing to be ALWAYS 100% pleasurable? How much more time would you practice? How much easier would it be for you to achieve your maximum improvement rate?**

The way you think influences EVERYTHING you do while playing the guitar. That is the most important component to consider because if you take care of it, it will automatically take care of your improvement.

The traditional guitar teaching models tend to focus ONLY on the MECHANICAL and MUSICAL aspects of a performance, they tell students exactly what to do. But our problem these days isn't knowing what to do! We all know we should practice more; we all know we should have more knowledge; we all know we should listen to good performers; but do we do that? I am afraid we don't do that enough... **So what is missing?**

**Besides strategies for working on and trusting in our subconscious mind, what is also missing is the ability to help the students find their OWN reasons why they must do those things. We are now talking about Intrinsic Motivation.**

It blows my mind how the word motivation has such a negative connotation for some people. Maybe that is because they associate it with some sort of salesmanship, but stop for a second now and think with me: **What would life be like if we didn't feel motivated to do things? What would it be like to not feel inspired by what is important to us?**

Yes, you are right!

**LIFE WOULD BE BOOOORING!!!**

And we don't want to experience that...

We want to feel at our best, knowing we are becoming the best musicians we can be and not only knowing exactly what to do, but doing it with passion, excitement and a sense fulfillment. We've all had the experience of being in the zone, where everything we do just works. We just need to get to that place more often; that is all.

**Is PGE MAINLY about motivation?**

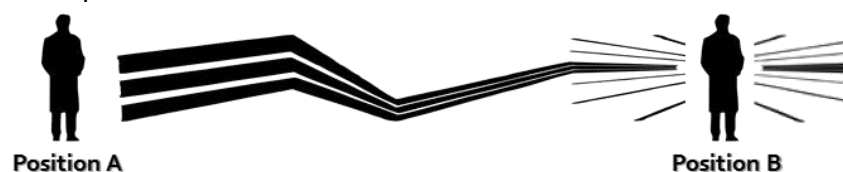
**No, PGE is much more than that.**

**What is PGE then?**

**PGE stands for Pathways to Guitar Excellence. It is a teaching and learning philosophy that enables guitarists to maximize their performance.**

**What is the Step-by-Step System?**

**The Step-by-Step System is the application of the PGE philosophy.** We'll call point A, the level guitarists are right now and point B, the level they want to achieve. The system will get them from point A to point B.



## What is the Innovative Guitar Technique?

It is a new guitar technique model developed using the PGE philosophy.

## Why “Pathways to Guitar Excellence”?

**Because it had to have a name :) Notice that Pathways is in the plural; which implies there is MORE THAN ONE way of becoming a better guitarist. That means, PGE is NOT a strict or dogmatic philosophy; its main ideas are very embracing and people seem to find it extremely hard to be opposed to.**

For example:

## Who can disagree with the idea of the Survival Instinct?

**NOBODY!**

“Everybody wants to live and nobody wants to die; this is hardwired into our brains as it is in all the other life forms.”

**The PGE philosophy is based on the “Survival Instinct”. It utilizes this powerful force of nature in order to develop specific strategies so anyone can achieve their maximum improvement rate; in other words, PGE is the art and science of improvement applied to guitar performance.**

## HOW does it work?

Let’s start by understanding these THREE basic statements first:

- 1- The survival instinct is a force that makes us look for life and run away from death.
- 2- If our body faces a challenging experience, the survival instinct will INCREASE its strength in order to increase its chance of survival in a future dispute; immediately following the challenge we may feel weak, however with time and rest our system will restore itself to become stronger than before.

***“That which does not kill me, makes me stronger.”***

*Friedrich Nietzsche*

3- If the challenge is too harsh, the survival instinct may not be able to make us stronger.

### **What does that mean?**

That means we need to get weaker in order to get stronger. BUT, if we get TOO weak, we just don't get stronger. And what that really means to you is that **improvement happens when we get out of our comfort zone. BUT, if we get out TOO MUCH of our comfort zone and for a LONG period of time, we just don't improve.**

### **How can we make sure we achieve our maximum improvement rate then?**

#### **By using the PGE Step-by-Step System:**

In order to leave point A and get to point B, we need to go through a process; and that is what the Step-by-Step System is all about: the process of achieving the next level.

In order to get to point B, we will need to go through one or many cycles of the Step-by-Step system.

### **What is a cycle?**

It is a group of actions we all naturally take during a specific period of time.

**Each PGE cycle is divided into 4 categories containing 12 steps which are based on HOW the Survival Instinct Makes us Stronger.** This topic is greatly developed at the PGE Multimedia Course ([www.guitarimpact.com](http://www.guitarimpact.com)).

### **How do we get physically stronger?**

**1st-** We eat

**2nd-** We exhaust the muscles by destroying some muscle fibers

**3rd -** We eat again

**4th -** We rest

Guitar improvement happens in the exact same way:

#### ***Category A - Giving Supplement***

**In the same way we need to feed our bodies, we also need to feed our minds in order to achieve the next level. In this category we'll go through the process of finding exactly what YOU want for your playing, I will help you to find your OWN reasons why you must go get it, I will help you find that certainty which will make you use more of your potential and I will give you what is the **LARGEST** portion of this program: **The Guitar Resources Knowledge Data.** That is the place you should go to if you want to know ANYTHING related to guitar performance. The new technique model, instructions on how to practice**

or prepare for a performance and how to eliminate stage fright are a few examples of the types of content presented there.

### ***Category B - Destroying***

In the same way we need to destroy some muscle fibers (exhausting the muscles), we also need to USE (destroy/exhaust) our resources acquired in category A. This is the **TAKING ACTION** section of this program which is also comprised of creating a plan for your progress.

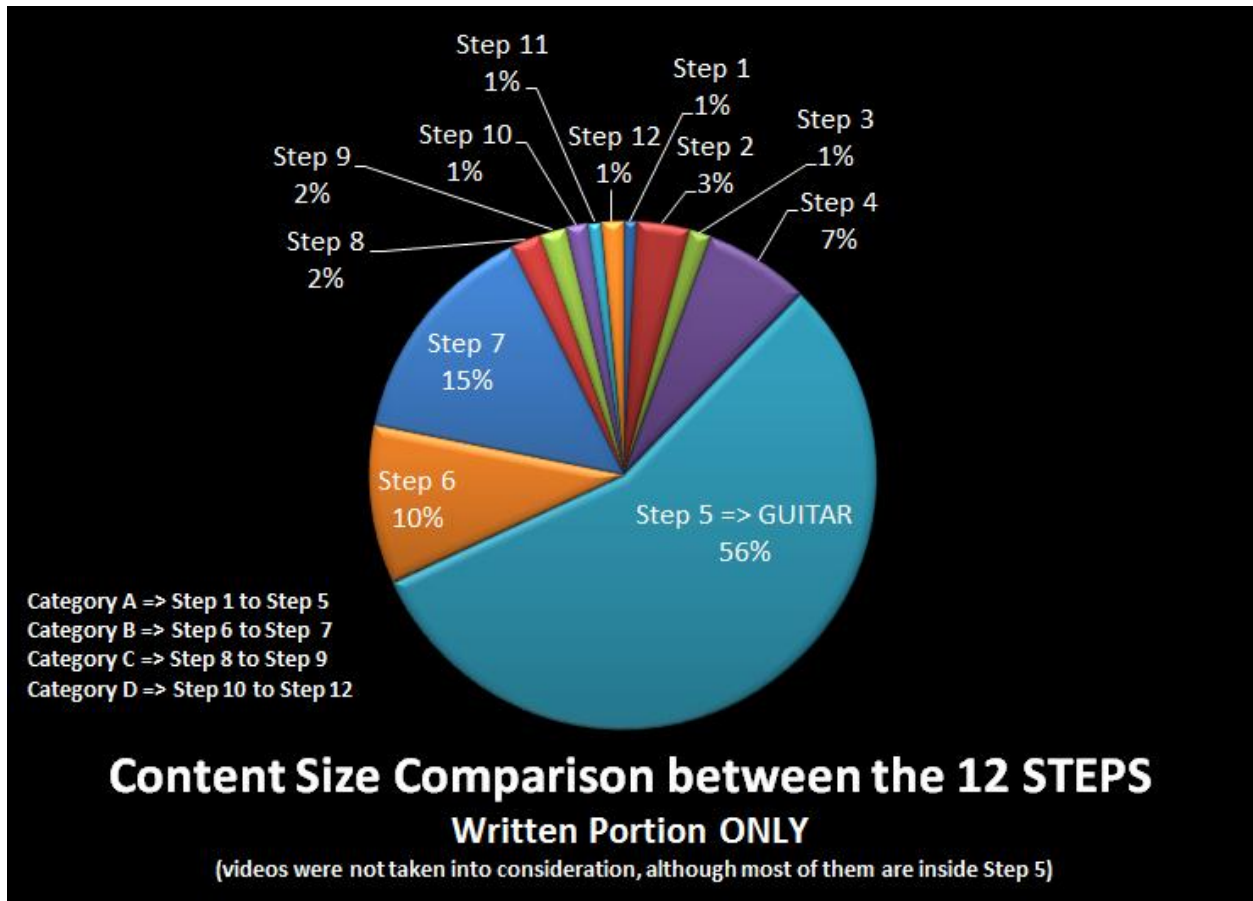
### ***Category C - Giving More Supplement***

In the same way your body needs more nutrients in order to start recovering from a workout we need more supplement in order to recover from Category B. In this category we'll review exactly what you want for your playing, your OWN reasons for making it worthwhile, and your certainty levels. The central portion of this category will be to measure and give **MEANINGS** to the results and we'll do that by the use of specific tables.

### ***Category D - Building up***

In the same way we need to rest in order to build up our bodies stronger than before (based on the survival instinct), we also need to **REST** in order to become a better performer. In this category we will first of all relax, then celebrate your ability to take action, be grateful for the privilege of having done what is necessary to achieve what you want and also visualize our ultimate outcome in order to build up our “guitar performance muscles” stronger than they were before. I also want to say that this category is not a metaphysical kind of session (ha ha), it is actually something very down to earth. An example is the visualization step, where we will train our minds to be able to play the guitar inside our own heads as if we were playing it for real. I can tell you that this knowledge has helped me win several guitar competitions in the past and you too can get pretty good at it if you practice. Today I am able to practice like that for long periods of time. When I am visualizing myself playing a particular piece, if I happen to make a mistake, I immediately recognize the mistake without needing to touch the guitar and can generally fix it pretty well inside my own head. I don't tell you this to brag about my skills but to inspire you and tell you that this is indeed possible for every single one of us.

Let's take a moment now to understand the following chart:



Notice that the size of the steps are not equally divided among them, some are larger than the others. For example: Step 12 is about Visualization and it represents 1% of the total size of the steps. Now, Step 5 is about Guitar Performance Knowledge Data and it represents 56% of the total size of the steps. It becomes clear then that:

**Guitar is the main focus of the PGE Multimedia Course.**

Notice that I didn't even consider the videos! This would make step 5 huge because almost all of them are located there.

Now, what about people who don't like structure? What about people that like to learn without knowing how they are learning?

Well, it's time to talk about the LINEAR and NON-LINEAR Learning Approaches.

**LINEAR**

How did you learn how to read? I bet the teacher explained each letter one at a time while writing them on the blackboard in alphabetical order. S/he probably also asked you to say them out loud and write them as many times as possible.

This is what I call the LINEAR APPROACH.

**Linear is meant to be organized and divided into progressive steps. Every concept has an exact place to be and a time to be acted upon. A linear approach gives you the CERTAINTY of always being able to get the result, like following a math equation.**

### **NON-LINEAR**

Now, have you ever learned how to do something without knowing exactly how you learned it? I want you to remember one of those experiences where you didn't have a "HOW TO" book telling you the steps. You didn't even have the steps, you just DID it. Maybe you were a self-taught musician and learned to play songs by ear on the radio spontaneously, or maybe you learned how to sing just by singing, I don't know.... think about a learning experience like that. This is what I call the NON-LINEAR learning approach. In this case, you learned by being so sucked into the SUBJECT'S REALITY that all your actions "FELT" spontaneous as a result. In this mode, you figure out the "how" as you act. The non-linear approach is meant to present the concepts to you one by one in a random order.

**A Non-linear approach gives you the CREATIVITY of getting different results. In this method you will first understand, and then learn what you are READY to. You will not see deeper than your eyes are ready to see at that time.**

It's developed in a way that when you listen to it for the first time you catch some concepts, in the second you will absorb some more, and at some point (after listening to it a few times) you will feel a "click" happening in your way of thinking. This "click" will be the consequence of all those pieces of information being installed in your reality. This system is very useful for reaching people from different backgrounds and changing people at an unconscious level. Each person needs to listen to a particular concept first in order to complete their unique sense of reality.

**The paradox is that when you go JUST for LINEAR, you end-up being very "rule oriented", academic, perfectionist, non-creative... AND... when you go JUST for NON-LINEAR, you end-up being very "unstable", not consistent. If something is not right on a certain day, you will not know where the problem is and how to fix it....**

**So what is the best way to approach the APPROACHES? (ha ha)**

Yes, you've got it! BOTH ways!!

**We use both ways in the PGE Multimedia Course, mainly because we all want to have that CERTAINTY of playing extremely well all the time (LINEAR) and also that CREATIVITY of having unlimited possibilities available to us (NON-LINEAR).**

**How will we mix them up then?**

In the way I articulate the language inside each section and also in the way these sections are structured as a whole, for example all the 12 steps of the PGE system are structured using the Linear Approach while the “Resources” and “What is the PGE System?” sections are structured using the Non-Linear approach. This just means that you may need to listen to those two sections more than one time in order to fully capture what I want to say.

The PGE Multimedia Course is designed to be a complete experience for you. The way and order I present the content is prepared in a very intelligent and precise way. In the same way that we can't change the order of the ingredients while preparing a cake, we also can't change the order of the specific strategies designed to influence you to be at your best. Because that is what the PGE Course is made for. The course is made to influence you in becoming that guitarist you REALLY want to be.

Now, maybe you are thinking: *“Well, I have a guitar professor and I don't need the PGE Multimedia Course.”*

Ok, I can appreciate that. Let me ask you a question:

*“Does that mean you are worried about conflicts with your instructor or his/her methods?”*

Because let me tell you something, **your instructor would love to see you improve.** They want what is best for you and the PGE Multimedia Course is a program you can use while studying with anybody or use it with any guitar method; it is a system on its own. In my opinion, it wouldn't be wise to be left behind the people who are exploring their maximum potential by using all the resources they can.

**What would you feel if you saw your friends getting better than you by using the resources you could have access to? What would that mean to your career? or if you are not a professional musician, how much more effort would you have to put in your playing in order to get to the level you want?**

**PGE is all about Effortless Guitar.** Don't take my word for it, watch my videos and see for yourself!

Click [HERE](#) for the videos.

Let me ask you a question:

**How is your technique right now? Are you 100% satisfied with it?**

We musicians spend most of our time perfecting our technique. We want to be able to play every single note with accuracy, musical meaning and sometimes speed as well. Think with me, how many hours of your life have you spent practicing a technical passage? Looking back in time, were all those hours REALLY necessary? How much more time will you keep wasting if you don't figure out a better and faster way to learn?

Sometimes people are not that musical because they spend most of their life time banging their heads against a technical approach that just doesn't work. If something doesn't work, there is no reason to keep banging our heads against it, it is necessary to be brave and explore a different way of doing things; and that is what happened to me. I used to have a lot of problems with my technique, believe it or not. Everything required so much effort! I remember having thoughts about giving up playing for good because I was so unsatisfied...

This is such an irony, because today I have ZERO problems with technique.

**And how did I conquer that?**

By first of all feeling what you might be feeling right now.

## Unsatisfied!

This feeling made me open my mind to different ways of doing things. Most people repress this feeling, I don't; it has a purpose. It challenges me to find the solution for my problems, not only a quick fix, but something that lasts long term.

The PGE Innovative Guitar Technique Model was designed using the same principles of the PGE Philosophy. That means, it works with the NATURAL way of moving your fingers. Here you can watch a sneak preview; notice how I transform the philosophy into this solely logically oriented approach.

Click [HERE](#) for the Multimedia preview.

Click [HERE](#) for the Book preview.

To sum it up:

- We learned that 90% of our actions are unconscious.
- We learned that if we try to control all our actions simultaneously, we will experience a lower performance.
- We learned that 90% of our playing should be unconscious if we want to experience an effortless performance.
- We learned that we need to TRUST our subconscious mind, in order for it to do a good job.
- We learned we need to influence our Subconscious Mind to execute flawless actions.
- We learned that our playing is the result of the way we think.
- We learned that we must take control of the way we think if we want to take control of our playing.
- We learned that PGE is a Teaching/Learning Philosophy that enables guitarists to maximize their performance.
- We learned that the Multimedia Step-by-Step System is the application of the PGE philosophy.
- We learned that the Innovative Guitar Technique is a new guitar technique model developed using the PGE philosophy.
- We learn PGE works for people who like to learn in a structured way (LINEAR) and people who like to learn in a more spontaneous kind of environment (NON-LINEAR).

Questions:

**How can you apply the PGE philosophy in your playing? How can you reach your maximum learning rate? How can you completely transform your guitar technique?**

**Give yourself that gift; decide now you will**  
**APPLY this system.**

I can tell you this is exactly how I came to be the performer I am today. I don't tell you this to make an impression, but to impress upon you the drive to succeed. These are the strategies, commit TODAY and gain immediate access to the complete package. Guitarimpact.com accepts Paypal and all national and international credit cards.

**Are you still reading this? ;)**

Come on! What are you waiting for?

**Mom's approval?! (ha, ha)**

But seriously, this could possibly be the best decision you have made. No joking, think about the consequences of such an intelligent action, **because a small change made today leads to big changes in the future.**

I look forward to working with you; together we'll improve your playing beyond what anyone would ever expect.

Click [HERE](#) to continue.

**Eduardo Minozzi Costa**

Classical Guitarist - [Guitarimpact](#) General Manager  
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*"Having heard Eduardo Minozzi Costa play for several years I am pleased to see how he is now a consummate artist on the guitar. His technique is refined and at the service of his musicality, making it a great pleasure to listen to his performances."*

**David Russell - GRAMMY Award Winner**

