

1. How did you come up with dulcimeditation?
2. What Is dulcimeditation?
3. What is it used for besides simple relaxation?
4. When is it best to use this?
5. How much ‘practice’ does it take?
6. How much experience as a player is needed to do it correctly?
7. Why is the breathing part important?
8. What do you mean by balance?
9. What is riding the surfboard mean?
10. How do I know when I’m doing it right?
11. If I do it right, how will I feel, what will change?
12. What is the wink dulcimer and how does it help?
13. How many tunings can you use?
14. Will different sounding dulcimers make a difference?
15. Can I strum, use a noter, or use any other styles?
16. How does music help with stress reduction/
17. Isn’t it better to sit quietly and listen rather than play?
18. Can this be done in a group?
19. Understanding resonance
20. No mind, no problem