

YouTube tutorial list up to #121

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Some good foundational ones to try:

Tutorial 7, seeing the strings.

Tutorials 96, 98, 99, 101, 104, 105, 107, 109, 113 for people who have never touched a harp! Or double strung Beginners! (Actually ANY level can benefit).

Tutorial 48: The beginning gives tips for holding 22 string double lap harp. Using the lap harp board. The rest is for people who have never touched any harp. Newbies!

Tutorial 51, plucking technique for waterfalls.

Tutorial 52, hand position and pluck four-finger runs (super for beginners or self-taught).

Tutorial 2 Practice one-five-eights in the both hands.

Tutorial 24 teaches hand ergonomics and plucking - very important.

Tutorial 26 is lots of fun once you have learned 1-5-8's for both hands.

Tutorial 9 has some good stuff about 1-5-8's

Tutorial 37 Therapy techniques and use whichever ones are easiest.

Tutorials 91-92-93 Therapy patterns; how double makes therapeutic MORE therapeutic

Tutorials 38-39-40 pentatonic therapy style and use the parts that are easiest.

Tutorial 44 - Smoothing out a passage.

TUTORIAL 41: Hand shape shortcuts

TUTORIAL 42: Hand shape shortcuts continued

TUTORIAL 43: Ice Crystals Tune

Tutorial 45 - write your own Crystals

INTRO VIDEO -

Has all sorts of tricks shown

HERE ARE PERFORMANCE VIDEOS

Tutorial 12. Water Faeries

Double Strung Harp performance: StoneHenge

Tutorial 66. Holly and the Ivy

Tutorial 84. Just Tunes on the double

Tutorial 70. 15 minutes Soothing music improv

Three tunes on the Brittany

Tutorial 100. The Bird and the Bee

Tutorial 33. Blue Ghosts of Sesame Hill with We Three Kings

HARP DEMO VIDEOS: On You tube put these in the search box:

- Eve Demo
- Brittany Demo
- Lorraine Demo
- Brea Demo
- ENA Demo

TUTORIAL ONE

1. waterfalls (these are taught in detail on tutorial 51)
2. cascades
3. squiggles

TUTORIAL TWO

4. 1-5-8
5. RH 1-5-8
6. arpeggiated 1-5-8
7. blocked 1-5-8
8. rolled 1-5-8
9. Stacked 1-5-8
10. Staggered 1-5-8

TUTORIAL THREE

11. see-saws
12. hovercraft (to increase accuracy and ease)

TUTORIAL FOUR

13. see-saws in unison
14. see-saws in echo
15. Break things into small chunks to learn
16. balance brain hemispheres by doing all exercises with each hand starting

TUTORIAL FIVE

17. Staggered Echo See-saws
18. anchoring
19. Unison seesaw progression
20. Echoing seesaw progression, first one!

TUTORIAL SIX: MIX AND MATCH - several chord progressions

21. A trick for writing them down: Jot method.

TUTORIAL SEVEN: SEEING THE STRINGS

22. seeing the strings - be patient
23. seeing the strings - blue and red reference points
24. seeing the strings - look at leaders
25. seeing the strings - moving head
26. playing motifs in one hand: see-saws, recycles, rocking fifths, rocking octaves.
27. look at vibrating strings as reference point
28. cheat: take advantage of happy accidents

TUTORIAL EIGHT: MIRRORED PATTERNS

- 29. mirrored 3- note patterns
- 30. progressions
- 31. with a pause
- 32. with a ground

TUTORIAL NINE: BACKTRACK TO 1-5-8's and the beauty you can achieve

- 33. 1-5-8's as Left Hand with one-note melody in RH
- 34. delayed thumb

TUTORIAL TEN: RICH SOUNDS:

- 35. Christmas cookie cutter - happy ionian mode
- 36. Independent thumb instead of placing
- 37. Leading in the Dominant

TUTORIAL 11

TWINKLE in any tune

- 38. "Three Against Four" cookie cutters
- 39. Offset by a third. Do left chord interval of a 3rd below melody chord
- 40. Offset by a fifth. Do left chord a 5th below melody chord

TUTORIAL 12:

WATER FAERIES - just enjoy listening

TUTORIAL 13: Memorize with accuracy, a way to make a tune easier to play.

- 41. Eyeball bouncing

TUTORIAL 14: overview of Water Faeries

- 42. triad with little tail
- 43. triad with big tail
- 44. Mirrored four finger patterns
- 45. Think in patterns, not notes

TUTORIAL 15: Back Chaining: A new way to learn.

FOURTH SECTION OF WATER FAERIES

46. Back Chaining for Water Faeries

TUTORIAL 16: THIRD SECTION OF WATER FAERIES, watch me learn

TUTORIAL 17: SECOND SECTION OF WATER FAERIES

FIRST SECTION OF WATER FAERIES

TUTORIAL 18: Tricks to making things easier

47. Let it breathe

48. Buying time (end chord) (other examples - just before squiggles in first tune I wrote)

49. Hold your intention

50. Think like a double strung

TUTORIAL 19: Revolution in Double Strung Glissandos: overview

51. opposite directions

52. Bass chord gliss (1-5-8)

53. Chord with Soft downward glissando

54. Soft downward glass before the chord

55. Bubbles Rising gliss

56. Feather falling glissando (soft down glass and plucked note at bottom)

TUTORIAL 20: Seesaws

57. lightened thumb seesaws

58. delayed roll seesaws

59. oom-pah seesaws

60. Partial seesaw

61. Forward-backward learning strategy (learn shape of tune, then back-chain for thorough learning)

TUTORIAL 21:

Learn Mermaid of Destiny Bay, a staggered echoing progression and two types of one-hand glissandos (lead you through the three parts)

TUTORIAL 22: RECYCLES: One of my VERY favorite techniques, easy for experienced, and with some patience can be learned by less experienced.

62. RECYCLES

63. Frolic Runs: cool exercise with rocking downward thirds in one hand while recycles in other hand. Start rocking thirds against C chord, for example, on E. Try a scale first. Or a one note repeated.

64. String of Rocking Thirds

TUTORIAL 23: RECYCLES PART TWO

65. finish teaching frolics by eliminating the cool rhythm and just getting movements: Do the exercise with both hands without fancy rhythm/ talk about some things instead of writing: this video will help you get the brain/hand coordination. Practice string of rocking thirds again. Do a slow demo of the whole frolic run. Show in different modes at the end.

TUTORIAL 24: RECYCLES and 1-5-8 hand placement.

66. Five-point hand check

67. Weighted finger technique

68. Mirror as Learning Tool

69. Abbreviated Plucking for fast things

TUTORIAL 25: Cool tricks with 1-5-8 hand position

70. Downward 1-5-8's (8-5-1) (can be used on single strung too)

71. sparkle 1-5-8 (like a treble)

72. Repeated Thumb 1-5-8

TUTORIAL 26: Listen and enjoy

73. "Place, Nature-Gaze, Float, Listen" experience.

TUTORIAL 27 : Thirds demonstrated in Pachelbel's Canon down as a scale in thirds in RH and 1-5-8 chord progression in LH arpeggiated, blocked, and and rolled. And delayed thumb with rocking 3 thirds.

73. block on the first beat

74. Learning on a drone accompaniment

75. block on the third beat;

76. mixing the blocked beats

77. "string of rocking thirds" on the beat

78. "string of rocking thirds" on the beat #3

79. Mix two types of "String of Rocking Thirds"

TUTORIAL 28: Upwards rocked thirds done with **Pachelbel's Canon** and other tunes

80. Upwards rocked thirds first beat, second beat, 3/4 time, 4/4 time

81. Downward Rocked thirds - With Pachelbel first beat, second beat, third beat, 3/4 time, 4/4 time.

TUTORIAL 29: Sneak Peak of coming attractions.

Celebration of my Mom too.

Lots more to learn about thirds, but we'll take a break and give you a sneak peak of coming attractions. Some of you advanced harpists may be able to learn some of these tricks from these demos. The rest of us can just enjoy! Some of these will be useable on single harp too*. There are over 100. I'll preview a few now.

TUTORIAL 30: Pachelel's Canon demonstrating Repeated note Rocked Thirds

82. Repeated note rocked thirds (do on Pachelbel's Canon and other tunes.)

TUTORIAL 31: Fifths. We Three Kings. Try it!

83. Blocked Fifth

84. Rolled Fifth

85. Arpeggiated fifth

86. Repeated Thumb Fifth

87. Independent Thumb Fifth

88. oops there is no 88

89. Staggered Echoed Fifth

Demo of Brittany Lap Harp • Demo of BREA lap harp

Demo of Lorraine floor harp

Demo of Eve Lap harp • Demo of ENA lap harp (tutorial 105)

TUTORIAL 32: Three note runs. This prepares you to learn a tune in next tutorial, also Runs of three in RH, upwards, as shown in Norwegian;

90. Runs of three in RH, downward, also in Norwegian Dance.

91. Upwards Three Note Runs (slow, fast)

92. Downward Three Note Runs (slow, fast)

93. Combined Upwards and Downwards Three Note Runs

TUTORIAL 33: PERFORMANCE Blue Ghosts of Sesame Hill with We Three Kings

TUTORIAL 34: Teaching first part of Blue Ghosts of Sesame Hill with We Three Kings (that was on Tutorial 31.)

TUTORIAL 35: Teaching second part of Blue Ghosts of Sesame Hill

TUTORIAL 36: Teaching third part of Blue Ghosts of Sesame Hill

TUTORIAL 37: Therapeutic sounds / Therapy programs

- 94. Drone 1-5-8 with independent Angel Finger
- 95. Delayed Thumb chords

TUTORIAL 38: Ethereal Music the Sneaky Way Pentatonic part I

- 96. Doubled Pentatonic Scale: white strings only
- 97. Bury the Metronome
- 98. "Safe Chords" in pentatonic
- 99. Overlaps

TUTORIAL 39: Pentatonic part 2

- 100. "White Scale" as a learning tool.
- 101. LH moves up too
- 102. Rolled Pentatonic chords
- 103. Soft Oom-Pahs
- 104. Broken Oom-pahs

TUTORIAL 40: Pentatonic part 3

- 105. Home Chord Technique
- 106. Echoed 1-5-8's for starting improv
- 107. Mirrored 1-5-8's for starting improv

TUTORIAL 41: Hand shape shortcuts

- 108. Cigarette pose (1-2-5)
- 109. Quotations (1-3-6)

TUTORIAL 42: Hand shape shortcuts, more

- 110. Swimmer pose (1-4-6)
- 111. Turtle 1-5-6 pose
- 112. Open Seventh pose (1-5-7)

TUTORIAL 43: Ice Crystals Tune

- 113. Blocking chords to learn a progression
- 114. The Ground

TUTORIAL 44: soothing out a passage

- 115. "Big Scary Monster" technique for all harps, single and double

TUTORIAL 45: Write Your Own Crystals Tune

- 116. Triads Crystals
- 117. Cigarette Pose Crystals
- 118. Shape-Changing Crystals
- 119. Crystals with a Ground
- 120. Roving thumb Crystals

TUTORIAL 46: Write Your Own Crystals Tune II (easy to adventurous)

- 121. Down Against Up Triads
- 122. Down against Up Cigarette pose
- 123. Staggered Down against up Cigarette pose

TUTORIAL 47: Write Your Own Crystals Tune III

- 124. "One Up" Contrary Cigarette Pose
- 125. Downward Roving finger against Cigarette
- 126. Roving Downwards two notes.

TUTORIAL 48: Newbies! For people who have never touched any harp. Also this shows how to hold a 22 string lap harp double.**TUTORIAL 49: Echoed Three Against Four PART ONE**

- 127. Echoed Three Against Four
- 128. Echoed Three Against Four, offset by a Third
- 129. Echoed Three Against Four offset by a Firth
- 130. Echoed Three Against Four, LH Anchored
- 131. Echoed Three Against Four, starting with RH
- 132. Starting with RH, left hand anchored
- 133. Up Three Against Down Four

TUTORIAL 50: Echoed Three Against Four PART TWO

- 134. Up Three Against Down Four
- 135. Up Three Against Down Four, starting with RH
- 136. Up Three Against Down Four, starting with RH, LH Anchored

TUTORIAL 51: Make Waterfalls Easy - plucking skills VERY detailed

TUTORIAL 52: Hand Position and plucking; Four Note Runs VERY nicely detailed

TUTORIAL 53: Aladdin Tuning: Middle Eastern folk music sound. "Harmonic Minor"

- 137. Aladdin Tuning: Harp Tuned in C, lift G levers
- 138. Glisses
- 139. Lurching Gliss (I call it Pebbles falling too)
- 140. Magical Overlap
- 141. Success Chords for Aladdin Tuning
- 142. Snapping 1-5-8
- 143. Delayed Thumb 1-5-8

TUTORIAL 54: Ping Pong Part 1

- 144. Ping Pong: Back and forth: a new way of visualizing
- 145. Ping Pong in Aladdin Tuning from last video

TUTORIAL 55: Ping Pong Part 2

- 146. Mixing Ping Pong and Unison playing
- 147. Exercises mixing Ping Pong and Unison playing

TUTORIAL 56: Aladdin Tuning Part 2

- 148. LH Triads
- 149. Syncopated Triads
- 150. Straight Rhythm Triads
- 151. Blocked Triads

TUTORIAL 57: Aladdin Tuning Part 3

- 152. Mirrored Triads
- 153. Down Against Up
- 154. Anchored LH Triads
- 155. "Feathering" Up Against Down Triads

TUTORIAL 58: Glorious Triads, how to plop as pluck

- 156. Place all three fingers simultaneously
- 157. Fold straight into palm.
- 158. Plopping
- 159. Unison
- 160. Mirrored

TUTORIAL 59 : Fun Exercises with Scales**TUTORIAL 60: Easier exercises**

- 161. Four fingers in a Row
- 162. Upwards Four Note Runs
- 163. Ping Pong Thirds
- 164. Walking Thirds
- 165. Walking Thirds against Rolled Chords
- 166. Upwards Triads
- 167. Downwards Triads
- 168. Echo Opposite Direction triads

TUTORIAL 61: Exercises Opened Up

- 169. 1-5-8 accuracy
- 170. 1-5-8's Offset by Three and Echoed
- 171. 1-5-8's Staggered and Stacked and Echoed

TUTORIAL 62: Learn Kindly Woods. Music available, email me smilingharp@gmail.com

- 172. LH All 1-5-8's
- 173. Scissored Four-Note Runs
- 174. Simultaneous Pluck and Place
- 175. Downward Three-Two Pose

TUTORIAL 63: part two Learn Kindly Woods

- 176. Glitter Effect

TUTORIAL 64: Magic Hands - for comfort and sound / VERY detailed experiential lesson

- 177. Horizontal Line-Up
- 178. Glued to the Strings
- 179. Plopping Pluck
- 180. The Magic "C" Shape
- 181. "No Tipping"
- 182. Other Fingers Stay Placed Until They Pluck

TUTORIAL 65: Intros and Interludes with 1-5-8's and for Kindly Woods

- 183. Mirrored 1-5-8 chord progression
- 184. The #5 Lead-In Chord
- 185. Mirrored 1-5-8's for Kindly Woods tune
- 186. Ways to play the Lead-In chord
- 187. Echoed 1-5-8 chords

TUTORIAL 66: PERFORMANCE OF THE HOLLY AND THE IVY

TUTORIAL 67: How to make difficult Scottish passages easy using the double.

It's easier to run a race with two legs than do the race by hopping on one leg. And on harp, everyone should clearly have two rows of strings instead of one. It took me all these years to find double strung harp, and now it makes total sense. This video gives a couple of examples so you can see how to make Celtic passages easier. Happy doubling!

Carolyn

TUTORIAL 68: Chicken Talk technique PART ONE

- 188. Chicken Talk Three Against Three
- 189. Chicken Talk Chicken Talk Three Against Four

TUTORIAL 69: Chicken Talk technique PART TWO

- 190. Chicken Talk "Exercise" that's relatively easy

TUTORIAL 70:

Soothing music: A 15-minute effortless improvisation to listen to. Beautiful photos of nature.

TUTORIAL 71: ROVING THUMB

- 191. Double Roving Thumb
- 192. Novice Roving Thumb, unison, echoed, offset by a third
- 193. 1-5-8 With Roving Thumb in unison, echoed, varied, offset by a third, a fifth, etc.
- 194. Volume Sensitivity

195.TUTORIAL 72: ROVING THUMB MORE EXOTIC

- 196. Cycles
- 197. Contrary Motion Roving Thumb
- 198. See-Saw Against Roving Thumb
- 199. See-Saw 1-5-9 Against Roving Thumb

TUTORIAL 73: More ROVING THUMB tricks

- 200. Single Seesaw connection
- 201. Connecting two patterns
- 202. Connected patterns offset by a third unison
- 203. Connected patterns offset by a third, echoed

TUTORIAL 74: WHY DOUBLE STRUNG IS EASIER THAN SINGLE - Interesting Demo.

1- Less Dexterity Needed. 2- Repeated notes are WAY easier on double strung. 3- You can sound like a genius (each hand just goes in one direction). 4- You can sound fast without playing fast. 5- You don't have to work as hard (use mirroring as example). 6- Arranging a tune is easier.

TUTORIAL 75: WHY DOUBLE STRUNG IS EASIER THAN SINGLE - PART TWO- Demo.

7- Your hands don't run into each other. 8- You can play a simple hand shape over and over. 9- You can do simple things and sound advanced because of the overlap. 10- You don't have to replace so quickly. 11- Your hand can float before replacing. 12- Fast Celtic music is available. 13- You can keep a hand in the same place and not move it.

TUTORIAL 76: SNEAKING THUMB

- 204. Sneaking Thumb - roving just one space
- 205. Layering the Roving Thumb: One hand, then add the other hand but play in unison, then play them echoing,
- 206. Orchestrating - Layering further - play with contrary roving thumbs, then offset

TUTORIAL 77: Little Welsh Home: How to learn a piece faster Order sheet music for free from me at smilingharp@gmail.com

- 207. Learning a Tune Through Hand Shapes
- 208. "Candy Canes" hand pose: Short Candy Cane
- 209. Long Candy Cane
- 210. Long Crochet Hook
- 211. Short Crochet Hooks
- 212. Four Note Chord
- 213. Three Note Runs and Four Note Runs

TUTORIAL 78: Little Welsh Home: PART II

Quickly learn the piece now that you've learned the hand poses and basic ideas.
Varieties of 1-5-8's

Order sheet music for free from me at smilingharp@gmail.com.

TUTORIAL 79: Intros and Interludes for Little Welsh Home:

- 210. Waterfalls ending on a unison note
- 211. Mirrored 1-5-8's
- 212. Unison, Echo, Unison pattern
- 213. Mirrored Triads
- 214. Three Against Four

Tutorial 80: Hand Stretches for ALL harps.

Good for single strung too! This video takes you through affirmations as you do a passive easy stretch around a vitamin bottle or drink mug. Immediately afterwards you will have wider reach and less stress in your hands. Instant gratification.

TUTORIAL 81: Beautiful Butterfly Improv

- 215. White strings only
- 216. Butterfly Technique
- 217. Safe Chords: AGED as 1-5-8's
- 218. AGED as fifths
- 219. 1-5-8 with gentle echo at top
- 220. "Pluck and Pause" 1-5-8's
- 221. Rolled 1-5-8
- 222. "Oom-pah" 1-5-8
- 223. Right hand Angel Finger exercise

TUTORIAL 82: Butterfly Improv part II

- 224. Delayed thumb 1-5-8
- 225. Float in and out
- 226. Straight 1-5-8's
- 227. Mixing LH styles
- 228. Mix LH patterns with RH Angel Finger

TUTORIAL 83: Butterfly Improv part III with some easier LH (watch 81 & 82 first)

- 229. Blocked, Rocked, Rolled
- 230. Right hand Angel Finger exercise
- 231. Downward fifths
- 232. LH Review
- 233. Integrate the hands
- 234. Downwards 1-5-8's

TUTORIAL 84: Just Tunes... put on a headset and enjoy!

Ice Crystals on a Lorraine

Water Faeries

Mermaid of Destiny Bay

Blue Ghosts of Sesame Hill / We Three Kings

Chicken Talk

Stone Henge

Holly and the Ivy on a Lorraine; Holly and the Ivy on an Eve or Brittany

Ice Crystals on a Brittany

TUTORIAL 85: Brain Bliss: Roving Thumb Against See-Saws

235. Roving Thumb against See-Saws

236. Offset by a Fifth

237. Offset by a Fourth

238. Anchoring the left hand.

TUTORIAL 86: Downward See-Saws Against Roving Thumb

239. Roving Thumb against TOP-DOWN See-Saws

Email me for a free sheet of exercises so that you can SEE how to do these "Roving Thumb Against Seesaw" techniques. smilingharp@gmail.com

TUTORIAL 87: Christmas music. How to learn much faster/ I Saw Three Ships

240. Learning a tune through Hand Poses.

241. Making a Hand Pose automatic

242. Learning through repeating the shape.

243. Creating a flow from one position to the next.

244. Putting some more poses together. The way to learn a tune!

TUTORIAL 88. More keys to learning / and finish I Saw Three Ships

245. Left Hand 1-5-8's in this tune.

246. Connecting LH to RH in SHORT sections.

247. "Sealing success" to make learning "stick."

TUTORIAL 89. Learn a tune! Three Against Four Pattern and free sheet music

248. 1-5-8 in LH and Four note Chord in RH

249. Five Note Roll

Email me for the sheet music FREE. smilingharp@gmail.com

I send it in key of C for floor harp and keys of C, F, and G for lap harp.

TUTORIAL 90. Intros and Interludes

- 250. Introducing a tune with "Little Pachelbel"
- 251. Leading in with the Dominant
- 252. "Scale" from Tonic to Dominant
- 253. Simpler scale from tonic to dominant
- 254. Simple Seventh
- 255. Cleanse the Palette
- 256. Keep it as simple as the tune or even simpler
- 257. Four note runs or scales as variations

Email me for the sheet music notation of interlude ideas FREE. smilingharp@gmail.com

TUTORIAL 91. How Double Strung Harp Multiplies Therapeutic Effect

These videos are not substitutes for certification training in therapeutic harping. They are about how to multiply the therapeutic effects of harp through using a double strung.

Power of sympathetic reverberations created by double. Plus playing notes in unison, echoing. A story of a Certified Music Practitioner working in hospital emergency room and how the double strung harp calmed the patient's screaming.

Why after about a week, seeing the strings is easier than even a single. Mirroring chords while watching a patient or talking to a family member. 1-5-8's alternated with 1-6-8's. Three Against Four. Amazing Grace example - doubling the melody in the same register. Echoing it.

TUTORIAL 92. Double Strung Improv and Therapy capabilities, continued

How to multiply the therapeutic effect of harp itself (which is already very therapeutic). Why a beginner will learn faster on double than single. Playing even a single note is profound.... a real-life example of the sympathetic vibrations being so pure and magnified on double. You'll see how it happens and what that does to the player and listener.

How a chord in the same register magnifies the sympathetic resonance. Tenths. Over the Rainbow sample in C and G to show why you may want to sometimes play in G on this range of harp. Using a lap harp board. Fabulous example from a practitioner of how much less she has to "work." Pentatonic glisses. See the BREA lap harp (strung F-F) for the first time in a video. Playing pentatonic on a harp with no levers - just play white notes. Shimmery sounds from a Delayed Thumb 1-5-8. Echo 4 note chord. Three against four. Ascending LH 1-6-8's Against Anchored RH 1-6-8. Happy Accidents.

TUTORIAL 93. Improv Techniques and Therapy Tools for Double

You don't have to watch these consecutively but this is the third of a series that shows how to multiply the ease and effect of harp in therapy by utilizing a double strung. Oh how I wish I had listened to Dee Sweeney decades ago! Anyway in this tutorial you'll see Ice Cream Cones played in four ways, how a screaming child was put to sleep in 30 seconds, staggered 1-5-8's, full body visuals of how to hold the small harp, waterfalls, why you don't run out of strings at the bedside, and mirrored sixths. Have fun!

TUTORIAL 94. Brea Demo

Fun to watch even if you already have your double strung lap harp! Eight minutes uninterrupted by pauses, showing the "Brea" which is strung F-F. It looks like the Brittany but has a slightly different tone and that one lower note. "Brea" is a Celtic word that means "noble and strong."

TUTORIAL 95.

101 Improv Patterns for Double Strung (for therapy or other playing)

Here are the first 52 of the 101 patterns. People LOVE this video! Nan Beal who plays in the hospital wrote to me:

"You should absolutely send this to anyone questioning whether to use the DS in therapy. Everyone has to noodle and the video shows how amazingly easy it is.

"I do so much of all that you showed without even thinking of it - doing the variations constantly without realizing I'm doing them. I think I got to this place by learning each skill separately and then without even realizing it, I am now constantly combining them (mirroring, echoing, ascending, descending, chicken talk etc) as I improvise.

"So for people who may feel intimidated by all this, combining these various tricks just comes naturally after you've practiced them separately for a while. And the beauty of this is that each trick can stand on it's own..so you can improvise one day simply by mirroring and it's lovely, then practice echoing another day, then another day, combine the two."

TUTORIAL 96.

BEGINNERS DOUBLE STRUNG SERIES VIDEO ONE (good for intermediate too)

1. How to hold the harp.
2. Nothing should hurt - a teacher can show you position. AND height you should sit at.
3. Harp Lingo: Finger numbers. AND cut fingernails short.
4. Glissandos
5. How to pluck, blue and red strings, white cloth, VALLEY shape, closing into palm
6. Pluck Down, not Out

7. Valley Shape
8. Rainbows
9. Echoing
10. Letting it Ring
11. Plucking Random White Strings
12. Fifths
13. No worries
14. If your finger hits other strings
15. Plucking the thumb
16. Blocked Fifth
17. Elbow-wrist ergonomics
18. Rocked Fifths
19. Unison: Playing the same thing with both hands
20. The lift

TUTORIAL 97. Happy Music On the Spot

258. Simple formula for Happy Music on the Spot: 1-5-8 Against Sixth
259. Play in Ionian Mode
260. Use Major chords: I, IV, V
261. The occasional minor chord.
262. Create a sense of "Home."
263. RH is always 6ths
264. "Lead In" option
265. Spunky 1-5-8's
266. Rocked Sixths
267. Feathery sounding Mirrored sixths
268. Sixths rocked downwards, against 1-5-8's
269. Music boxes - rocking both hands downwards, echoed

TUTORIAL 98.

BEGINNERS DOUBLE STRUNG SERIES VIDEO TWO (good for intermediate too)

1. Blocked fifths
2. Rocked (Broken) fifths
3. Example of how useful blocked and broken fifths are
4. Hand Poses
5. Hovercraft: A way to make your hand accurate
6. Chord Progression
7. Echoes
8. Counting
9. Minor chords

10. Mix Major and minor fifths
11. Eyeball bouncing
12. Offsetting
13. Offset Rocked (Broken) fifths
14. Offset Rocked fifths echoed

TUTORIAL 99.

BEGINNERS DOUBLE STRUNG SERIES VIDEO THREE (good for intermediate too) (immediate continuation of tutorial 98)

1. Fifths: Major and minor sounds
2. Offset by Five, LH on minor
3. Offset by Five, Echoed
4. Offset by Eight ("Stacked")
5. Offset by any amount.
6. Anchoring LH while moving RH
7. Fifths Against Single Notes
8. Contrary Fifths (LH rocks up and RH rocks down)
9. Echoed Contrary Fifths
10. LH Anchored on A minor fifth
11. Mixing Types
12. Review Hand technique regularly

TUTORIAL 100. Performance of the tune "The Bird and the Bee" and another tune. Notation of these will be in my book "Mischief on the Double Strung Harp"

TUTORIAL 101.

BEGINNERS DOUBLE STRUNG SERIES VIDEO FOUR (good for intermediate too, or for people who want to improve technique)

1. Thirds. Techniques for great thirds.
2. Blocked thirds, hands together. Valley shape.
3. Scales of Blocked thirds, unison.
4. Creating Accuracy: Hovercraft for thirds
5. Fun with Random thirds
6. Scales of Blocked Thirds, mirrored
7. Rocked thirds
8. A learning trick: Anything can be broken down!
9. Scale of Rocked Thirds, Unison
10. Scale of Rocked Thirds, Mirrored
11. Echoing Rocked Thirds
12. Scale of Rocked Thirds, Echoing
13. Minor sounds
14. How to always revert to easy stuff.

TUTORIAL 102.

Performance: Norwegian Dance

Notation of this is in my book "Mischief on the Double Strung Harp"

TUTORIAL 103.

Carolina Wren Pattern

- 270. Carolina Wren pattern
- 271. Roving Thumb Against Seesaws
- 272. Starting RH Seesaws at the top
- 273. RH Anchored. LH moving to different locations.
- 274. LH Anchored.
- 275. RH offset by five then four then five
- 276. "A" minor offset by five then four then five
- 277. G Major offset by five then four then five
- 278. D minor offset by five then four then five
- 279. Starting the Seesaw at the bottom note.
- 280. All "Sisters," but chord progression
- 281. Stacked
- 282. How to learn this: a list of steps and skills.
- 283. Improve by mixing in only 1-5-8- patterns from other videos.

TUTORIAL 104.

BEGINNERS DOUBLE STRUNG SERIES VIDEO FIVE: WATERFALLS (good for intermediate too)

- 1. Waterfalls. Things more advanced players can do with them too.
- 2. Learn to do a String of Rocking Thirds
- 3. Starting from scratch: Place on a Third
- 4. Full Rocked Third
- 5. Walking down the harp
- 6. String of Rocking Thirds walking down the harp
- 7. Take a longer walk, or faster
- 8. Echoing, start with just the thumbs
- 9. Waterfalls! Echo down the harp
- 10. Quiet, loud, mixing unison and echoed

TUTORIAL 105.

"Ena" new lap harp strung F-F: Demo

This is the same shape, size, and weight as Eve 22 but this one is strung F-F and has firmer tension than Eve 22 (which is strung G-G). Voice is warm and resonant. Video also has a sample of an Eve for comparison. Both tones are beautiful, yet they are different.

TUTORIAL 106.

Carefree Day played.

Carefree Day pattern.

Descending version, even easier.

Playing it in a minor key.

Touch damping.

Notation for all versions of the pattern are in the book *Mastery With Ease*.
smilingharp@gmail.com to order it. It comes to you PDF.

TUTORIAL 107.

Fifths Against Thirds - for ALL LEVELS.

ALSO BEGINNERS SERIES NUMBER 6.

284. Fifths Against thirds

285. Chord Progression

286. Sisters

287. Learning Through Scales

288. Anchoring One Hand

289. Anchoring With Contrary Motion

290. Breaking things down into easy parts

291. Sisters RH moves.

292. Sisters Contrary motion

293. Anchored LH Until the End then moved

294. Starting with the RH

TUTORIAL 108.

MAKING IT EASY

Exercises Demo

A great way to hear the exercises you are doing if you are working out of the "Mastery With Ease" book, or a good way to assess whether the book can benefit you if you don't yet have it. For ALL levels, the book makes your harping soar.

"I play thru sections and just think it is fantastic! Love the extras...the notation for songs and of course the technique work. I truly appreciate you...more than you'll ever know!"
- Lee Timer

TUTORIAL 109. More Fifths Against Thirds - for ALL LEVELS.

ALSO BEGINNERS SERIES NUMBER 7.

295. Contrary Fifths Against thirds, stacked

296. Rolled Contrary Motion Fifths Against thirds

297. Rocked against Blocked

- 298. Mixing types
 - 299. Rolled stacked
 - 300. Chord Progression of rolled stacked
 - 301. Echoing Contrary Motion
 - 302. Echoed in same register
 - 303. Chord Progression LH Anchored
- Making up your own rhythms - a demo for the more adventurous!

TUTORIAL 110. Ice Cream Cones

- 304. Ice Cream Cones - the rich 7th chord
- 305. Skip Every Other String
- 306. Closing Deeply for Rich Tone
- 307. How to not brush the next string.
- 308. Blocked
- 309. Eyeball Placing to make it easier
- 310. Chord Progression of Stacked Ice Cream Cones
- 311. Arpeggiated seventh chords played in unison.
- 312. Mirrored (call and response)
- 313. Echoed Arpeggiated
- 314. Contrary Motion Mirrored

TUTORIAL 111. More on Ice Cream Cones

- 315. LH arpeggiated, RH rolled.
- 316. Offset by Eight Then Six
- 317. Contrary Motion: RH Arpeggiates down
- 318. Rolling Hands together: Finger Four Before the Roll.
- 319. Adding Topping.
- 320. Ending a Tune
- 321. Sprinkles
- 322. Nuances
- 323. Changing Timing. Pauses.
- 324. Long and Luxurious
- 325. Double Strung Long and Luxurious
- 326. Making your own exercises

TUTORIAL 112. Improv with Ice Cream Cones

- 327. Scaffold technique
- 328. Getting used to a particular scaffold
- 329. Think of chords numerically
- 330. Building blocks.
- 331. Scales as spice.
- 332. Single Notes. Independent Thumb.

TUTORIAL 113. Learning Tricks for all harpers and Beginners series 8

- 333. Four Note Runs
- 334. Using a Mirror
- 335. Using colors while learning
- 336. Playing in the center of the strings
- 337. Thumbs up
- 338. How to pluck into palm for tone
- 339. White background trick
- 340. "C" shape.
- 341. Relaxing your pinky.
- 342. "No Tipping."
- 343. The Lift (The Raise) to relax hands and allow sound to move outwards.

TUTORIAL 114. Performance: Love Song for Jenny

This is a tune I wrote, sweetly played on a Brea.
Music is in my "Mischievous on a Double Strung" book.

TUTORIAL 115. Improv with Ice Cream Cones part II

- 344. Colored String Chord Progression
- 345. Ending with a Gliss
- 346. Stacked then offset by sixths
- 347. Add other Ice Cream Cones

TUTORIAL 116. Feathering! Double Strung Bisbigliandos

- 348. Feathering (Bisbigliandos).
- 349. Rapidly Rolled Chords.
- 350. A Brain-Friendly way to learn bisbigliando.
- 351. First "Connecting" Move: LH to RH.
- 352. Second "Connecting" Move: RH to LH.
- 353. Connecting the Cycle: LH to RH to LH.
- 354. The Other Direction: RH to LH to RH.
- 355. "Feathering" different kinds of chords.
- 356. Improv with Bisbigliandos.

TUTORIAL 117. Effortless 1-5-8 chords for all levels. (And Beginners' Series video #9)

Instead of fairly good 1-5-8 chords, have GREAT 1-5-8's. This tutorial is tremendous for single strung harps and double strung harps, for beginners to intermediates. The detailed information can make 1-5-8's effortless and full of rich tone. 1-5-8's are the basis of a lot of arranging on both single and double strung harps. And on double strung you use 1-5-8's in both hands for ethereal and difficult-sounding (but easy) effects and improv.

This is tutorial 9 in the beginners series but is for intermediates too. Some advanced players may even get teaching ideas. **Contents:** This is very hands-on. You'll get vivid DETAILS about plucking each finger and moving in one motion instead of two. You'll learn how to use verbalization to create a relaxation of the palm. How to hit the strings accurately without thinking or looking. You'll see how beneficial it is to avoid tipping or waving, or sliding on the strings. Lots of slow-motion clips will allow you to integrate things so you can improve even more.

TUTORIAL 118. Waltzing Matilda!

Entrance music played on a Brea lap harp

Tutorial taught on an Eve lap harp

357. "Repeating" notes on a double strung harp.

TUTORIAL 119. Improv with Thirds and Grounds

358. Improvising with thirds.

359. Playing LH and RH in unison on thirds

360. Different Durations

361. Safe Beginnings and Ending

362. The "Ground"

363. Unison and Echoed Thirds combined

364. Major Chords: "Vanilla"

365. Minor Chords: Pensive

366. Mixing Major and minor for emotions

367. Low Ground, High Ground

368. Resolving Mistakes

369. "Ground" and Third in the same register

370. Stacked Thirds

371. Moving thirds against Anchored Thirds

372. Two-Handed Grounds

373. Playing a Third more than once

374. Arpeggiated Grounds

375. Echoed Ground

376. Roving Thumb

377. Roving Thumb Stacked

TUTORIALS COMING UP IN EARLY AUGUST 2019:

TUTORIAL 120. "What Shall We Do With a Drunken Sailor" tune!

378. What Shall We Do With a Drunken Sailor, performed

379. Making repeated notes EASY

380. Don't practice hands separately

381. "Learning packets" and how to "place" at the end of a packet

TUTORIAL 121. Eight Kinds of Damping!

- 382. Damping
- 383. Flat-Handed Damping
- 384. SOFT Flat-Handed Damping
- 385. CRISP Flat-Handed Damping
- 386. Slide Damping for going UP the harp
- 387. Non-Slide Damping for going DOWN the harp
- 388. Fingertip Damping
- 389. Fingertip Damping RH
- 390. Two-Handed Damping for “AHA”
- 391. Rocked 10th Damping
- 392. No-Damping Then Damping
- 393. “Clarify the Melody” LH Damping

Tutorial 122. Ebb and Flow Ice cream cone section for Carefree Day

Tutorial 123. Carefree Day tune

Tutorial 124. Carefree Day learning tips

Upcoming LATER:

- Irish Washerwoman (yes that’s right!)
- Arranging for double strung
- 1-5-8’s against Ice Cream Cones
- More on 1-5-8’s against 6ths
- Minor and contemplative 1-5-8’s and 1-6-8’s against 6ths
- 2-finger Feathering technique
- More beginners’ series
- Molly Malone (Cockles and Mussels)
- Last Rose of Summer
- Several videos teaching tunes
- TONS of stuff about Angel Mode and Disney Tuning (Pentatonic)
- Improvisation for hours
- Easy Improv ideas that motivate and relax
- Silent pulses in music
- Another “Endorphin” Roving thumb (only achievable on double strung)
- Lurching Recycles

Tenths Against Recycles,
Walking Bass Against Recycles
1-5-8's Against Recycles
Angel Finger Against Recycles
Sixths Against Recycles
1-6-8's Against Recycles
"SouthWind"
"The Water is Wide" and 1-5-9-8's
Damped Sixths Against Recycles
Soft to Loud Recycles
More Chicken Talk tricks
Cascading mirrored sixths
Using levers on lap harps
Transposing a tune from pensive minor to happy major and vice versa
Disney Mode easy improv
Fun with Happy Accidents
Angel tuning
More ideas for interludes and intros
How to fit any tune onto the small double
FUN with Blocked sixths, Rocked Sixths
Filigrees possible only on double
Lead Sheets and 1-6-8's
Fifths, Rocking Fifths, Overlapping Fifths, Feathered Fifths
Cascading mirrored sixths
Sixths against 1-5-8-'s
Emotions of chords
Familiar tunes and hand shapes
Learning a tune, made easier
Punctuations and ending notes possible only on double
Roving Thumb against 1-5-8 Recycles
Awakening "Trick the Crowd" Contrary Roving Thumbs
Triplet tricks on double
Dripping honey
Finger pad pressure and varying sounds
Rolled Ice Cream Cones unison / slightly off
Chicken Talk Ice Cream Cones
Ice Cream Cones Offset by 3
Going Home with Ice Cream Cones: V Chord 7th goes home to I chord 7th to 8
Fingering for easier playing
Squiggles made easy
Jazzy sounds and approaches possible only on double
Videos you can play along with
Bringing out the Melody
Doubling the melody in parallel
Storytelling sounds
Water sounds

Thunder and then the storm sounds
How to challenge yourself and develop more ease
Trees swaying in the wind, possible only on double
Making a big comfort zone
Placing to create a breath
Placing to get different angles of attack on a string for different subtleties
Placing to create legato
Placing to be able to conceptualize easily and make playing flow
Tenths, rocking tenths, woven tenths, damped tenths
Using thirds in improv
Lace Curtain technique
More Aladdin Tuning



And at least 400 more.

See you on YouTube!

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Shop double strung harps with freebie perks at southeasternharps.com