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Menopause, Andropause And Other Hormone Imbalances
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Grab A Harmonica

By Hallidae Thomason

I love playing music for people to hear. Ever since I was little I had a knack for performance. My

parents have endless hours of home videos of me and my sisters performing in all kinds of made-up bands. Rarely did a month go by when we were not practicing for some kind of performance and making posters so that are parents would know to come to the show. My mom always popped popcorn and brought snacks and they enjoyed our live shows just as they would a movie at the local theatre. As a child, I had no idea how much the support of my parents was instilling in me such a deep belief in my own abilities. I loved playing my harmonica most of all.

Looking back, I'm quite sure that I never had a harmonica lesson in all of my years of music playing. My father bought me a harmonica for my seventh birthday after I had been begging for one for nearly a year. When I wasn't busy with my guitar or piano lessons, you could find me on our front porch struggling to learn the harmonica on my own. It must have come somewhat naturally to me because I was playing it in a folk band by the time I entered high school.

My sisters and I became known in our town as budding musicians. This was a title we loved and desperately wanted to live up to. We would rush home from school each day and spend hours playing songs in our makeshift garage studio that my parents had so graciously turned over to us. I played my harmonica and sometimes played the guitar. My older sister was the lead singer of our little band and she played the violin sometimes too. The two youngest sisters worked hard to become proficient at the piano and the guitar. We had quite the little set up going on. I loved nothing more than the songs that I didn't have to do anything other than stand and play my harmonica.

I have loved the harmonica I think because it is so simple and small. I've always been a simple person and I have strived to live simply in every way. So I guess my love for the tiny harmonica came to me honestly. I never owned more than one harmonica at once, though, because that would be excessive. So every year or so I'd sell my harmonica and buy an updated one that fit my mouth just right.

Playing the harmonica has been one of the smallest things yet one of the biggest blessings of my life.

Hallidae Thomason loves being a professional musician. Her love for the harmonica only continues to grow. See

<http://www.harmonicagroup.info>

for more.

Blow Your Own Horn: Learn To Play The Harmonica

By Dylan Mccabe

The harmonica is a unique instrument that allows each person to have a unique style when playing it. Because of this, the best way to learn to play the harmonica is by self-experimentation. Just pick up an harmonica and explore its possibilities. You can also find programs that can give you music, techniques, and other varied instructions to help you learn to play the harmonica.

With these and a teacher, you may find several benefits, but since the harmonica is a fairly easy instrument to learn, experimentation may give you a better feel for what you want to do than formal training. Many times the formal lessons will try to pigeon hole you into a certain style that you may not be comfortable with.

The harmonica is different than most instruments in that its lay out is more intuitive than most making it easier to learn by yourself. With the introductory packet that comes with most harmonicas, you can quickly and easily come to understand its layout. Conveniently, the chords are already arranged on the richter, a ten hold diatonic harp, so that you can play almost any tune from the first time you pick it up. Without having to combine notes into chords like a guitar or piano, you can quickly learn to play the harmonica.

After you have learned the basics of the harmonica, you then might want to find a teacher or you may want to mimic music that you hear. Usually, listening to other harmonica music, you will start coming up with your own ideas. With this type of learning, you will be able to creatively express yourself through playing your harmonica instead of just repeating music on a sheet. If you do choose a teacher, search for one who works in the style that you find most appealing. Learning in one style will not necessarily help you in another. Whether you want Chicago blues, bluegrass, or country, you will enjoy learning to play the harmonica.

Find more information about this topic at

<http://www.mywebrelease.com>

Dylan also writes part time for:

<http://www.myartportal.com>

<http://www.photographyforfun.com>



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