

If you picked a piece of music to listen to right now what would it be?

It feels like for many of us the past year has been filled with radio, box-sets, podcasts, and watching films like never before. Part of all of those is the music, whether it's a sound track, the film score, hearing hits past and present, or focused music conversations such as Desert Island Discs or Pop Master, music is ever present whether we really notice it or not.

How would it feel to simply allow yourself some time to be 'in' the music that has meaning for you? There might be layers to our music.

For some there may be an absolute favourite song, or a 'go to' track that takes you to a moment in time or a place in the world in an instant.

For others it may need a bit of reflection to get to that piece of music, a feeling of it being just out of reach - 'there was that track that...'

Or it may be much more current - maybe there has just been a song on the radio or in an advert, which has generated an emotional reaction, allowed you to lose yourself in memories for a few minutes, or made you get up and dance in your kitchen.

We invite you to try capture your feeling of your track in words, images, or any other way that you feel 'says it' for you.

Below are a couple of ways we have captured our tracks;

Prince, *When Doves Cry*

"Ah, the purple prince of funk and soul. This track felt like an easy choice for me. It feels like there is often one of his tracks present in me, ear worming itself into my consciousness, and today it was this one. This song just makes me sing along wherever I am. It also makes me want to drive fast! It's not a happy song, and sometimes with the singing come tears as well as happiness. But that's OK, this track takes me back and brings me into the present all at once.

These are the some images that come to me when I feel this track"



Pastels for one, ripped pages from a magazine with shells and sea-glass for the other.

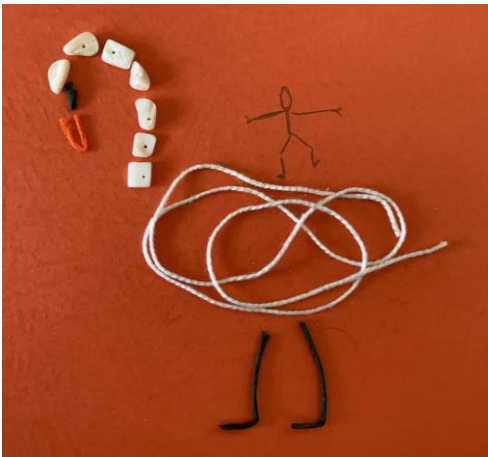
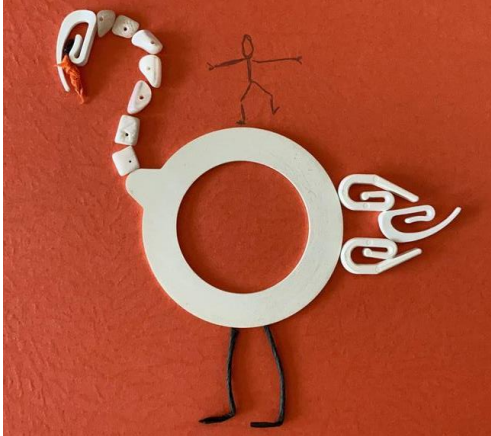
T Rex, *Ride a White Swan*

"So this is music of the moment for me. As I've been walking the lanes and paths I find this is what I'm singing in my head. Or at least almost this... when I was thinking about what music is in me right now I listened to Ride a White Swan on YouTube, really enjoyed hearing T Rex's version and danced

around the kitchen whilst making tea. I also realized that my 'version' is actually a mudge of Ride a White Swan, Get it on and Deborah!

I love walking and I love being in the green. I love the feeling of movement and freedom and this internal sound track is often with me as I funk freely along!

It feels somehow just right that I've created my own compilation and when I started making my single cover image that sense of playing with it, of making it my own, was really in me. My thought was something like 'oh look it's an emu, or maybe a dodo' ... I like the feeling of freedom to just be me. To create an image from what I have to hand in my house... For it to be a swan/emu/dodo bird."



Bits of string, curtain hooks, beads and other items from the kitchen draw.

Some of the other images generated from being in our music...

