

Paul Elsberg

Paul (summer before college), I know you feel lost right now and it's hard to believe how quickly time has slipped through your hands. The world is full of unknowns, cherish them. The solace and warmth of the horizon keeps you up bright and early overflowing with passion for the present. Your tastes will change greatly as you connect with different souls scattered in the winds of change that have luckily come to lie in your lap. Lay beneath the trees like you used to near Cottonwood Elementary and drift off to this collection. It contains crucial life lessons and self discoveries you will find over the next 4 years.

-Best of luck
You

[LINK TO MUSIC](#)

Aphex Twin - Aisatsana[102]

When life feels intense and responsibility takes a choke hold on your freedom of expression remember the birds singing softly and the trees swaying with a gentle breeze on a fresh Spring day. I associate this work with the most beautiful sights I've ever seen many of which were in New Zealand. The sun shines through the dense canopies as the song drifts through your head calming you step by step into a meditative slumber. You look inside yourself and see that you find the past, present, and future unified in a state of being. Hold on to this state of peace no matter where you go. This state of mind has kept me calm and happy in the best and worst times of my life. The gentle piano will push and pull based on your emotions. The differing interpretations of the ebb and flow act as a compass unveiling where you are as the mist of the morning dew rises.

Beck - Morning

Wake up and see each day as an opportunity to be happy, do something great, and enjoy your life. Taking things day by day is important to your focus. It can be easy to get caught up in the increasing demands you and everyone else makes of your time but remember to take the mornings for me time. Beck describes the morning as a time to take down your defenses and share your intuition with others. After nights of going out and partying / exploring the world with new people it's always the mornings where the deepest connections are made. When you wake up hungover head to the alley across from Jmac then to breakfast in a t shirt, gym shorts, and flip flops not giving a fuck what people think of you. The ability to recollect where you were and what you did is important to deepening this connection. Sometimes liquor fogs the last night and inspires poor decisions but the morning almost always presents a path to move on.

James Blake - The Wilhelm Scream

Follow your dreams no matter where they take you. It's as simple as that. When you feel doubt, let yourself fall into the next path but don't lose sight of the importance of finishing things. In certain situations and mediums though there is no perceived stopping point and you must jump ship while you still have the opportunity to do so if it is what feels right. Grappling with anxiety most often results in a feeling of relief and gratitude as the courage to jump left you no longer feeling stranded. Often it's a slow build until the change of scenery strikes you from the blind side suddenly becoming apparent that things have changed. Life experience is so incredibly valuable to your welfare. Roll with new passions, desires, and allow the world to inspire you to turn in new directions. Listen how James Blake slowly builds the vibe of the song journeying to a new space and pushing through the doubt to see what he becomes. Follow that voice into the unknown....

Doc Watson - Sittin On Top Of The World

Discover new eras of sound. There's incredibly rich catalogs of music from every decade in the past century. When you start to dig into new soundscapes it will inspire you to the highest of peaks. Learn from other genres to develop new perspectives of freestyle and rap. To immerse yourself solely in that world will forever limit your sound to that of your contemporaries. Find good music and latch onto it. These songs will develop new perspectives of reality and understandings of the past and of mom and dad. Music has a way of intertwining generations into an organic state of shared understanding. Different genres also have a way of speaking to different emotional responses more strongly than others. Part of growing up is gaining an emotional intelligence and the strength to be comfortable in your own skin. In this piece lies both the sadness and blues aspects of losing a sweetheart and the uplifting elements of folk and country to help Doc come to terms with his inner conflict.

Elise Regina and Antonio Carlos Jobim - Só Tinha de Ser Com Você

Listening to world music in other languages transitions your focus from the lyrics to the instrumentation that takes a lyricist out of their comfort zone in wonderful ways. Elis Regina is telling a sad love story yet the song sounds happy as if a lullaby rocks the listener to sleep on the floor of the Amazon Rain Forest. The inflexion bounces with the backing music and the voice is soothing on a cold day like hot chicken noodle soup that reminds you Spring is right around the corner. The delivery is as, if not more, important than the content of what your saying in many cases. Love the layered acoustic guitars and introspective chords with a minimalist drum backing as a vehicle for such an elegant language and talented musician to occupy. Perfect feet shuffling vibe to slowly move around a dance floor on a warm night on the countryside beneath soft lights and shining white smiles like stars in the night sky.

Taylor McFerrin - Degrees of Light

Listen to the wavering synth the shuffled percussion and subtle clicking. A snare hits, that is your cue. The head weaves through the melody creating an intricate basket of interconnected syllables. The kick stomps out the snare as the track breaths. Beauty is before you take note of all your senses. The track is overcome with water immersing itself further and further in the abyss. Feel your mind drift in a state of flow watching yourself go go go further into the unknown. Jumping jiving and riding as your skin tingles, this is what it means to be vibing. Wind chimes are pulled by a soft gus. The environment intertwines with the sonic landscape to create an experience to remember. Songs like these remind me of how attached my memories are to music. They are a part of you and you a part of them especially when your free consciousness sinks in with the tune to create a remixed body of work. Be proud of the power to express yourself.

Thundercat - Them Changes (Feat Flying Lotus and Kamasi Washington)

Down in the depths of the feeling of loss. Friends, lovers, and passions will come and go just don't let them eat your soul. Frozen eyes locked on a point on the wall like it's the most majestic scene ever encountered. Things are not okay. How will you deal with pain. Feel the black hole in your chest? Let yourself turn into a heartless, broken mess? The drums shake me down like a pick pocket so sly and soothing then bam! It hits you that you've lost something important to you. The whah whah on the bass is funky and the piano elegant with a touch of horns to create a beautiful composition magnified by the harmonics of Thundercat's voice. When you try and be loyal to some people it will hurt you both when they decide that they are done with you or that they never wanted anything to do with you to begin with. Learn from the pain to become stronger and embrace it because it's okay to be not okay. Sadness is a healthy part of life as well that will help improve your state of being so long as you get back up...

Junip - Your Life, Your Call

"It's your life, it's your call
Stand up or enjoy your fall"

Always, ALWAYS! Brush yourself off and get back up. No matter what's keeping you down you have the power to overcome any adversity. State of mind is everything. The aura around us dictates our perception of the world and vice versa. Jose is absolutely right when he says that it's your life your call. What will you do when things don't work out as planned. Staying agile and malleable at this time in life is important to rolling with the punches and to continue growing and learning from past experiences. Pull yourself together over this consistent drum beat covered by the steady back and forth of a shaker and the relaxing chords and riffs from the acoustic guitar with intermittent twinkling stabs from a soft piano. Think of the lows as a ramp preparing you to

launch back high in the sky. The deeper the low the farther you will soar to a new place and a new sense of self. Learn from where you've been to inform the direction your heading.

Jim James - State of The Art-A.E.I.O.U.

A harp enters quickly tip toeing into the room. A kettle squeals as a piano sings to the open skies. Listen to that voice push you, the track lulls until we long for the burst of energy. Jim tells us that the cradle has fallen, that there is a sense of inevitable change sweeping us into its grasp. Then come the vowel stabs that you feel deep in your chest. The snare hits with a flurry of precisely timed high hats and we are transformed from the darkness into the light. Art and technology is vital to my well being but still it comes with unanticipated negative effects so tread carefully. Moderation is key to find stability and the zen that comes with a balanced lifestyle.

"I, I used the state of the art
Technology
Supposed to make for better living
Are we better human beings?
We've got our wires all crossed
Our tubes are all tied
And I'm straining to remember
Just what it means to be alive"

Don't be consumed by the virtual caught in the trap of the hyper present forgetting what it means to be alive. Jim shakes us violently awake from the cradle telling us to don't forget it that I ain't let technology using me and when the power goes out I'll still be free. This dynamic is symbolic of our dependency and the strides we must take as a digital culture to be self sustaining without technology. This is one of the main motivations to consistently go hiking and backpacking and work on a farm in Boulder, Utah.

Zero 7 - Somersault

Love with all your heart regardless of the consequences. To live a life with passion is to have truly lived. Embrace loyalty and care for others like they are your kin and if they are worth your time they will show you the same kindness. Be sweet and sound and the depth of your relationships will have layers like an onion. The subtleties in Sia's voice mixed with the multitude of tracks stacked into a bubbling cauldron of sweet symphonic orchestrations can not dare be characterized within the limitations of human language. Search to outer space and wrestle with mental images of beauty to find a similar head space to this track. The keys tap into my heart weeping with laughter and joy for how lucky I am to be alive. It is truly a gift to be on this planet. That is why the present is the present, wrapped in a flowing bow of unexpected realities welcoming you on the greatest journey.