

## Music, writing, and the zone

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This blog comes at an exciting time for me, when part of a poem I wrote has been incorporated into the first track on Sienna's new album 'Japonescue'.

It's a thrill to listen to the first minute of the first track, and detect my poetry words therein, jazzed up and funky up to co-exist in beautiful harmony with the superb music and voice that is Sienna.

Listening to the album in its entirety, I'm compelled to write this blog, as the music reminds me of times when I write: I use background music to inspire and fuel my imagination.

Writing, for me, becomes its most creative and imaginative when I'm in what I call 'The zone', which is a sporting term used for when athletes are at the 'best of their game', when they can do no wrong. When I'm in 'the zone', my writing flows, expands to new horizons, and often goes to places I had only dreamt about, using my unconscious mind to explore infinite possibilities. You could call it a meditation, a trance like state, and it's often rare and difficult to reach this level. Moreover, most of my writing is done with real effort and struggle! I can still produce a certain output, but the stuff that I'm really proud of lies deep inside the psyche, when I'm flowing like pure energy into the words and the sounds around me.

For my part, instrumental, ambient music is best for me. I have a wealth of these types of albums, collected over many years, and each time I'm transported somewhere else, a perfect foil for my fantasy landscapes and imagery that I put into my books and poetry. Artists like Tangerine Dream, Jim Kirkwood, Chandeen, and now Sienna, transport me to other realms, and I'm forever indebted to them all.

Do other authors/writers use music in this way? How do they achieve the plateau that is 'the zone'? I'd be interested to find out how it works for others, as I'm sure it'll be different to I. Maybe others don't use music at all. So, the discussion is opened!

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