



16. make music

“Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination & a charm to sadness. Gaiety and life to everything it is the essence of order and lends to all that is good and just and beautiful.” - Plato

Who doesn't want some of that?

If you want to make music, then for the love of yourself do it!

At the age of 31, I couldn't carry a tune, couldn't play the guitar and didn't know anything about making music, but I had songs in my head that had to get out. I bought a guitar and spent long hours for six months with a chord book working out the songs in my head and singing horribly. I did this after dark when I knew no one would be around to hear me. I knew I was getting somewhere when, finally, my dog wanted to be in the cabin with me instead of leaving as soon as I started singing.

Two months later I played at the local open mic. Two years later, I played my first music festival. Five years after buying the guitar, I had a 7-song CD recorded with my band in a professional studio.

You can do it.