

mindful

Culminating Experience

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Music Production, Technology, & Innovation

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introduction.

Curiosity lies eternally within. From birth, until the last breath, there is a flame that sets in the eyes, filled with the desire of knowledge and understanding in a world that exists upon the concept of infinity. Generally speaking, by the end of the run, much of this flame has been diminished. It is the path of infinite and necessary curiosity to obtain a valid sense of consciousness, which then turns into, “going through the motions”, and not so curious about the unknown. It is a certain sense of comfort that appeals to human beings, in the age of the internet and instant communication. Could it be that there is a particular fear involved with exiting, what is referred to as, the “comfort zone”, or could it be, that there are certain factors which place a halt on the train of curiosity?

“Mindful” is a nine track hip hop album, which targets the concept of introspective progression and true awareness. Each track brings forth a message regarding conscious ideas sparked through the living experience of the artist, Peter

Michael Amato (Born April 26th, 1993). With a childhood full with constant curiosity and appreciation for the life that he was given, he always brought a positive outlook to all of his endeavors. He was always able to view one occurrence in several different perspectives, with the ultimate goal of creating his own path in life.

And both that morning equally lay

In leaves no step had trodden black,

Oh, I kept the first for another day!

Yet knowing how ways leads on to ways,

I doubted if I should ever come back.

I shall be telling this with a sigh

Somewhere ages and ages hence:

Two roads diverged in a wood, And I—

I took the one less traveled by,

And that has made all the difference.

— Robert Frost (1874-1963)

origins:

Ironically, Peter had a sixth grade english teacher named, Mr. Frost, from whom, he discovered his first interest in telling stories with poetry. It was the ability to have such a detailed description, to give off the emotional love in a piece of writing, to where the reader feels what they read, they are not just seeing words in a ordered fashion.

Peter's first interest in music began in the back of his grandmother's apartment in the Bronx, NY. He was taught basic melodies on an old casio keyboard, which he was able to experiment with while the adults were having their coffee and conversation. He was around five years old for this brief introduction into music making.

At around age twelve, Peter picked up his first guitar which he used to write and create alternative rock songs, inspired by his CD's of Blink-182 and Linkin Park. Little did he know how much time he had ahead of him, working in digital audio workstations. His first collector of audio information on the computer, was Audacity, alongside his trusty rockband usb microphone.

This transitioned throughout his teenage years with various technological upgrades and new understandings, eventually finding his niche to by in the realm of hip hop music and storytelling rhythm and poetry. His early inspirations were the likes of Eminem, Mos Def, and Jay Z. After years of intersted, he arrived at other sparks of thought, through the works of A Tribe Called Quest, Nas, Notorious B.I.G., Common,

Hopsin, The Underachievers, and various other hip hop artists with more of a nact for consciously aware lyrical content.

His love for music was never abandoned, and he always kept his passion close to him, always making new compositions in his digital workstation of the time. Peter has seen many things in his life, as most people have, but what is different about Peter is the way he analyzes scenarios and the vibrations which make up reality. With the passing of several close friends due to various societal problems, he always has had a close regard for maintaining a sense of inner-peace, to always find an appreciative and mindful attitude towards life. This could also be due to his sense of emotion. He always has had a level of feeling, to where things resonate very strongly in his mind. Ultimatlley, Peter has the desire of giving people an outlet of absorbing his emotional experience to create a further level of peace, determination, and compassion in the lives of the listener.

Cause sometimes you just feel tired,

Feel weak and when you feel weak, you feel like you wanna just give up.

But you gotta search within you, you gotta find that inner strength

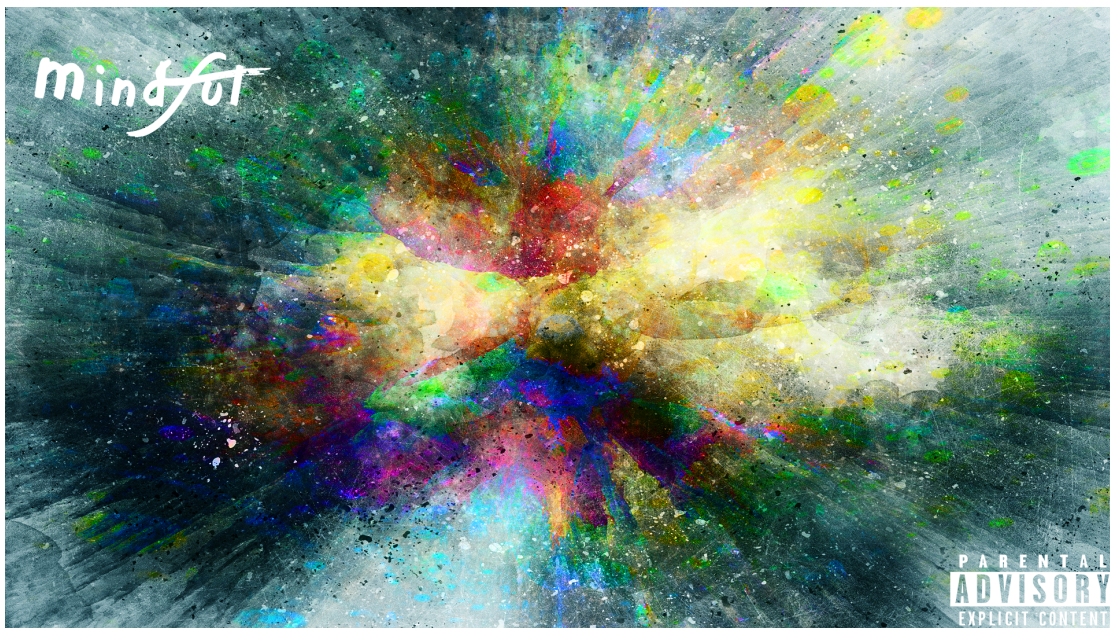
And just pull that shit out of you and you get that motivation to not give up

And not be a quitter, no matter how bad you wanna just fall flat on your face and collapse.”

– Marshall Mathers (1972-)

The album:

- (1) Please Remain Calm (3:53)
- (2) To Find Peace (4:06)
- (3) Fall on Me (4:24)
- (4) Move Slower (4:03)
- (5) All One (3:36)
- (6) The Ride (4:20)
- (7) Mind Full (3:14)
- (8) The Way (2:56)
- (9) Mental Warfare (3:20)



Peter produced all of the tracks from start to finish, with, his new favorite, digital audio work station: Ableton. This workstation has taken his productions to a new level after a year of intense training from his advisor, Ben Cantil (A.K.A. Encanti). He has discovered new workflow techniques and strategies to allow for a smooth process from just a finger snap to a full electronic production. He also gained useful knowledge of studio recording, sound design, and signal processing, which will now allow him to add acoustic/analog elements into his tracks, when desired.

After gaining much valuable practice, and collaborative experience, through his year of academic studies at Berklee, he felt ready to express himself through clear and powerful tracks. He had very little technical knowledge of audio before arriving in Spain. The master's program, brought many different opportunities for him to expand his understanding. He was able to walk away from Berklee with a much better grasp of the world, in which he is so passionate about: music.

His idea for "Mindful" came to be, after several revisions to his first ideas for the culminating experience. Peter trusts his work to shine a different light on what is known to be the modern way of seeing life. He had trouble with the initial concept as he was unsure of the route he wanted to take.

Peter has a great interest in philosophy, particularly within the debates of subjective and objective functions. Mind, body, and soul? Machine-like, systematic, instinctual beings? People have many different beliefs about what actually makes up a

human being. Of course there are certain scientific truths about the physical make-up, but when it comes to our subjective being and consciousness, things tend to become a bit grey.

Peter wants to open people up, to be more willing to have conversations outside of their “comfort zone”, because in reality, it can be understood, that a large percentage of human beings are going through life, without much of peace of mind or freedom. The album can allow for a sense of deep thought, to realize that any problem that one person faces, might be seen as a priviledge, to someone who is suffering from more hardships in life.

Peter is able to sense and see things to be evil in this world, and he has a strong desire to battle these forces with the expression of compassion and peace. Violence has always touched him the wrong way, which gives him more of a motive to promote peace in this world.

Final Thoughts:

Mindful is an attempt to encapsulate Peter's mind, at age twenty-four, to allow for self-reflection, truth, and compassion to be represented by the vibrations. He has a desire to allow for these types of spiritual and naturalistic feelings to become more present in modern day society, as he has strong feelings towards certain concepts that make up a majority of what people see as *reality*.

With the release of his debut album, coming in August of this year, Peter plans to put forth all of his works, education, experience, and mindset to become a well established music producer and songwriter. He plans to position himself within the music industry, while allowing for many different doors of opportunity, and to go knocking on the ones he see's most fit for his aspirations.

As humanity is, quite fully, lodged in the age of the internet, Peter has noticed many things that are removed from the human experience. People are worried about *storing* the memory, that they forget to actually *make* the memory in the first place. It is quite the paradox, and since Peter has such a strong feeling towards experiencing all that life can have to offer, he gets emotional when he thinks about where humanity is headed.

In a world filled with constant media, updates, and screens, it can be easy to lose sense of one's self. This is ultimately why Peter created his album for his culminating experience; to allow for those who are lost to begin the journey to rediscover who it is

they are, or for those who are content, to dive deeper into their existence, and to decode the lock to their inner and energetic being.

It is so common now for young children to look up to the famous “role models” and to be falsely advised of their path in life. The celebrities and media has become more distorted than ever and this is another major topic of the album: to think for one’s self. Too often it is found that thoughts and emotions are no longer a product of one’s inner beliefs, but rather they are formed through the fusing of what is social “acceptable” and the various other external players in the game.

Only the controller has full defense against what gains access into one’s mind. Though, in today’s world, it can be noticed that people do not have much of a clue that they even have an inner-voice, rather it is almost as if they are brain washed into believing what is comfortable. It can be said that fear will always rise when the matter is unknown. And fear is a large concept that is tackled within the album. Peter talks about it from his perspective to try to shine the light on the value of being afraid, while keeping a poised position of positivity.

Peter intends for the listeners of “Mindful” to regain their inner sense of curiosity and focus, to be able to tackle what it is that they truly desire in life, and to also be able to have a strong grasp on their priorities and purpose, so there is a never a life that goes to waste.

mindful bytes.

Yo, our minds are full so I could switch up the rhythm

Leave it outside we goin into the prism

Often they could lie,

So really just try to listen

-Mind Full

Please remain calm, it's back again

You could take it or you leave it I'm tryna give.

Got it jumping with the meter, tryna sit on top

I gotta believe it with the wisdom of,

My inner self when I could see it so clear.

-The Ride

If you listen to your inner-self

You could deploy

All the troops for the truth

As we enter the void.

It's the roots, it's a loop

But I think I avoid.

- Move Slower

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