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Songwriter's Seminar

Lesson 1: Developing a Routine; Dream Pages

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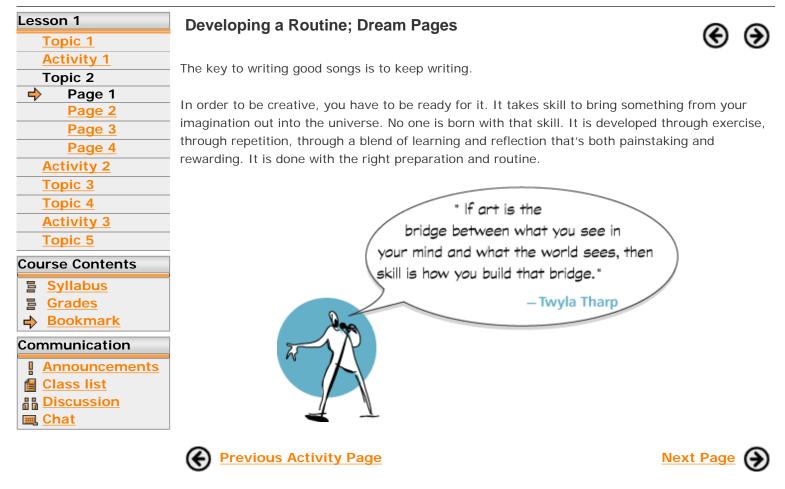
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Berkleemusic Home Syllabus Discussion Help

Course Home -> Lesson 1 -> Topic 2 Page 1



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Berkleemusic Home Syllabus A My Home 🔒 Logout

Discussion

Course Home -> Lesson 1 -> Topic 2 Page 2

Lesson 1	
Topic 1	
Activity 1	
Topic 2	т
Page 1	T
💠 🛛 Page 2	d
Page 3	р
Page 4	р
Activity 2	m +
Topic 3	th
Topic 4	0
Activity 3	т
Topic 5	e'
Course Contents	ti
Syllabus	"[
Grades	
Bookmark	
Communication	
Announcements	

- **Discussion**
- Chat

Developing a Routine; Dream Pages



hough we may go through phases of our lives where we feel less creative, less inspired to sit lown with pen to paper and think of good songs, it's still important to get the thoughts down on paper, regardless of what judgments we may inflict upon ourselves. I've gone through pages and pages of self-proclaimed mediocrity before stumbling upon one good idea. The more I write, the nore I gain an understanding of what works, as well as what doesn't. It is with this experience hat I have come to realize the importance of developing a creative habit, a routine that I carry out every day.

he following is one suggestion for a daily routine. You are welcome to try it out. I realize everyone has a different lifestyle, schedule, and time constraints. However, if you can find the ime to do this, I believe it will bring you closer to realizing your own creative goals. I call it Dream Pages."

Dream Pages

- 1. First, get a blank journal book. I like ones without lines in them, specifically because I hate conformity (what if I want to write in a circle, or draw a picture?)
- 2. Open the book, and at the top of the first page, entitle your book "DREAM PAGES."
- 3. Keep the book and a pencil somewhere next to your bed.
- 4. The moment you wake up, grab the book and write one page of stream of consciousness. Don't think too much about what you write; just get it out. There is no wrong way to do this exercise. If all you write is, "I have to go to the bathroom" for one page, then that is all you write. Although Dream Pages are often negative, repetitive, fragmented, even silly, occasionally, they are full of color. Keep it up!
- 5. Repeat this exercise every morning, or as often as you can.





Next Page

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D 11

🕈 My Home 🔒 Logout

Berkleemusic Home

Discussion

Syllabus

Course Home -> Lesson 1 -> Topic 2 Page 3

Lesson 1	C
Topic 1	
Activity 1	
Topic 2	lf
Page 1	he
Page 2	al
🔶 Page 3	th
Page 4	VC
Activity 2	da
Topic 3	ac
Topic 4	
Activity 3	
Topic 5	
Course Contents	
Syllabus	
Grades	
Bookmark	
Communication	
Announcements	
Class list	
B Discussion	
🔜 <u>Chat</u>	

Developing a Routine; Dream Pages



Help

If you try this exercise for one week, you might find some material for future songs. Maybe it will help you to remember your dreams and learn something new about yourself. Maybe you get out all the stuff that stands in the way of you and your creativity later in the day. I've noticed that at these "half-awake" times, I am less aware of my own judgments. I am also able to conjure up the voices inside me that tend to get silenced by distractions and conscious thought throughout the day.

Sample Dream Page

o this day like awaken + a vou ustan Idea CO d grie sto see enge optimitie seller woman UN O



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Berklee music.com school

D

Berkleemusic Home Syllabus 🕈 My Home 🔒 Logout

Help

Discussion

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Lesson 1 Topic 1	Developing a Routine; Dream Pages
Activity 1	
Topic 2	
Page 1	
Page 2	After many revisions based on the dream page, here is the song.
Page 3	
➡ Page 4	New Eyes
Activity 2	by Sarah Brindell (Copyright Dragon Lady Music, 2003)
Topic 3	
Topic 4	
Activity 3	
<u>Topic 5</u>	
Course Contents	
Syllabus	
Grades	
Bookmark	
Communication	
Announcements	
Class list Discussion	
□ <u>Discussion</u> □ <u>Chat</u>	I am just a wounded dreamer in a fairy tale
	Like an optimistic seeker on a boat without a sail
	Building my castle but it just keeps tumbling down
	Now the walls are gone, and I can finally see my way out
	Like a baby born in flight
	I am humbled by the pain, but it's given me
	New Eyes
	Staring at the mirror, looking for myself
	Waiting for my destiny to steal me from the shelf
	I was a queen on a throne, till perception came around
	Now the mirror's broken I can finally take off my crown
	Like a blind girl finding sight
	I am humbled by the pain, but it's given me
	New Eyes
	Like a woman bathed in light
	I am humbled by the pain, but it's given me
	New Eyes
	New Eyes New Eyes to see the beauty
	And now I know my suffering is just love in disguise

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