



All the theory presented in [the book](#) is interesting and exciting. But the real excitement “kicks” in to gear when you begin *applying* the ideas.

This report that you’re reading is about exactly that.

Action.

This action guide is about taking what you’ve just learned, incorporating all the concepts into a plan that will result in massive results.

Your aim: To write an album’s worth of material in around 30 days. And not just “any” material. Your *best* material to date. Music that fills you with inspiration and joy as you listen to it. Something to truly be proud of.

30 days... Isn’t that pushing the limits a bit?

Well, maybe. But it can be done (I’ve done it). This 30 day album will take around 2 hours of commitment a day. Occasionally a little more and occasionally a little less.

The reason that it’s possible to achieve this large feat is this.

Firstly the procedures involved are structured in a way that builds a huge feedback loop. This feedback loop is where most of the “big progressions” are made. As this flow of information “feeds back” at you the principal of effect and articulation kicks in. (you can learn more about these principles in the master manual)

Also, the way these procedures are outlined gives you a laser focus. You know exactly what to do and in what order. The outline in this 30 day plan also keeps the “creative” and “critical” processes separate.

There is no second guessing or back tracking in this 30 day plan. This will put you into the 1% category of songwriters who don’t waste time and progress at a rapid rate.

Before beginning this 30 day plan, it’s crucial to understand all the main concepts in the master manual. If you haven’t read it yet, begin reading it now. If you set aside 3 or 4 one hour blocks you should be able to knock it off.

Once you have a good understanding of the material in the master manual, come back to this guide and begin...

If you’re ready now, it’s time to begin. You are going to enjoy this process, and be amazed at what you can create. I know it. Let’s start.

Day 1

Day 1 is about intention. It's about giving your mind a focus. A target. A goal.

It's about knowing the direction you want to go in, and feeling excited about heading in this direction.

Even though you are not actually "writing" any music on this day, it's possibly the most important day in this whole procedure.

Here are the steps to take...

Firstly, review the chapters in the master manual on "intention".

Next, write your answers to the following questions.

(If you are working with other musicians on this project... firstly get everyone to answer these questions. Then openly discuss your answers and discuss and come to an agreement the direction that the music should go in.)

What is your definition of "perfect music"? Write everything that comes to mind. Describe in detail the styles of music that incorporate your "ultimate" style of music. Write down anything that comes to mind when thinking about this.

Write down the instruments that are involved and their texture and timbre (the word timbre is talking about the how a particular instrument "sounds"). What type of rhythms are involved. What type of melodies do you love? What is the scope of your perfect music? What colors and images come to mind when thinking about your perfect music?

Feel the emotion flow through you as it would if you were listening to your "perfect" music.

Write for at least 10 minutes. Write *everything* that comes to mind. It doesn't need to be well written. Don't worry if it makes no sense or seems silly. Write it down. Don't stop your pen for one second until the 10 minutes is up.

Good. You're beginning to focus your mind on what you want to create. Let's keep going.

Now, write exactly what you want your next album to contain. Get as specific as you can, but also include general thoughts if they come to you. Answer questions like: How many songs do you wish to write? What will they sound like? What style of music will they be? What colors and images come to mind? Describe in detail this album that you're about to write as if you're listening to it right now. Is as if you listen to a passage of music and then describe it as best you can.

There will be some overlap here with your "perfect" music description above. That's good. It makes sense because ultimately you *want* to write music that fits your definition of "perfect".

Spend 10 minutes writing down what your next album will sound like. Get very emotional as you write. Feel the emotion as if you're sitting listening to your creation and glowing with pride. Keep your pen moving the whole ten minutes and write down everything that comes to mind.

How important is it that you write this album? What does it mean to you?
How will it make you feel when you hit it? What benefit will it give you? What
will happen if you don't?

Get emotional and specific.

This is excellent stuff. You are becoming more aware of exactly what you want to create and *why* you want to create it. This is giving your mind a focus, an instruction which will lead to great results.

As one final exercise for day 1...

To reinforce what you've just written about, sit comfortably in your favorite arm chair and close your eyes...

Sit there and imagine that you've completed the 30 day action steps in this guide, and you've written your best album by a long way. Imagine what this feeling will be like. Imagine showing this new work to people and glowing with pride as they tell you how much they love it. Sit there and enjoy this feeling. Feel the joy as magnificent emotion flows through your body as you feel the tremendous pride that this album is going to give you.

You're done for day 1!

Easy right? Enjoyable even.

You know have a focus. You know the album you want to write.

For the rest of the day, just go about things as usual. While you're doing other things, your unconscious mind is beginning to work on your intention. In time, ideas will begin to bubble up.

Keep some sort of recording device with you at all times in case an idea pops into your head.

Besides that, just enjoy your day and I'll see you again for day 2!

Day 2

This is where the real fun begins.

You've set your intention. Your unconscious mind has been working on the project for a while now (even though you haven't been aware of it).

Today is when you begin to allow ideas to flow out.

Here's the steps to take.

Firstly, look at your notes from day 1. Review the intention that you have set.

As you review this intention do the following things.

In your imagination...

1. See yourself achieving this intention.
2. Imagine how good it's going to feel when you achieve it.
3. Realize that reviewing this intention on a daily basis is going to allow your mind to create what's needed to fulfill the intention.

This review must become a part of your daily routine. This isn't hard. It's actually fun. And it keeps your mind focused on what it needs to create. It also allows you to enjoy the feeling of actually achieving what you are trying to do.

This five minute process will keep you drive, and in an "inspired high" throughout the entire process. So be sure to revisit your intention in this way every day!

Secondly, always carry a recording device with you. Anytime an idea "pops" into your head, document it immediately. This is leveraging the "law of effect" where you get more of what you reinforce.

Thirdly, review the chapter titled "Creative Improvisation". This is the procedure that you'll be using. Read this chapter until you have a good understanding of how the procedure works, and the underlying concepts as to why it works.

Once you understand this process you are almost ready to go!

Before you begin, clear your workspace. Make your surroundings as creative as possible. Add decorations and lighting if you feel inspired to. Review the chapter "setting the mood" for more details.

Also, remember that this is the "creative" part of the creative-critical-creative cycle.

So at no point should you judge your ideas as you create. Even if things feel like they just aren't happening, keep playing. Don't stop for a full 30 minutes.

(I think you'll be pleasantly surprised when you listen back and realize there was a whole lot more going on than what you thought!)

Set up your recording device as described in the "Creative Improvisation" chapter and away you go. Follow the procedure to a tee, and as instructed, listen to your performance through two times. The first time pay attention to the performance, and the second time just use it as background music as you are doing other things.

When you save these sessions on your computer, it's a good idea to have a folder for each day titled (Improvisation Day1, Improvisation Day2 etc...) This keeps things organized and things will never get overwhelming.

Also, just before you go to bed, take a quick look over your intention again. A 1 minute review will keep your mind focused on this intention and prepare it to output more ideas tomorrow.

Once you've completed this, you're done for the day!

NOTE: If you are having a particularly good day, and feeling really creative and inspired, you can do two of these sessions.

Personally I don't usually feel that creative as I begin each session, and even for the first 10 minutes of the procedure. It's after that when things loosen up when ideas begin to flow. If you're feeling creative though, seize this opportunity and do multiple sessions in a day.

The Next 13 Days

For the next 13 days you will simply repeat today's procedure. Usually the *really good stuff* will begin emerging around day 8. The first few days can be a bit of a struggle sometimes, but as you build this large "feedback" loop, you begin to have profound insights about your music. When this happens a lot of the "average" stuff will simply fall away, and the "good" stuff will get much higher in quality.

For the next 13 days, follow the procedure as outlined in day 2. Here's a shortened version.

1. Review intention for five minutes as described above.
2. Creative inspiration procedure for 30 minutes.
3. Listen back twice... one with focused attention and one as background music.
4. Briefly review intention before going to bed.
5. Keep a recording device on you at all times to document any ideas that bubble up.

After these 14 days you will have a 7 hour database of musical ideas. As well as this you will have all the ideas that have "popped" into your head throughout the day.

This is a large body of music to work with! There are likely enough good ideas in here for at least 2 full albums. In the next step you will begin to enter a “critical” phase where you will evaluate this material and pick out the “gold”.

Day 16-22

These next seven days are where you go through your “creative sessions” and pick out the gold... the ideas that will be arranged into polished pieces.

I’m sure by this stage you are very excited at the material you’ve generated! The creative improvisation technique surely is a powerful way to increase your creativity and generate “inspired music”.

Once again, you need to revisit your intention that you set on day 1. It’s critical that you continue to do this every day to keep your mind focused.

Remember to spend five minutes to:

4. See yourself achieving this intention.
5. Imagine how good it’s going to feel when you achieve it.
6. Realize that reviewing this intention on a daily basis is going to allow your mind to create what’s needed to fulfill the intention.

Now, let’s begin to sort through this mass of material that you’ve generated.

Begin by creating 15 folders on your computer. Name the first of these files “Random Ideas” or something similar. Name the rest of the folders “Song1 Song2 Song3” etc...

If you have some song names in mind already, you can use them too. The basic idea here is you are going to go through your sessions and “pull out” moments of magic. When you do this, you categorize them by sorting them into different song folders, depending on where the idea seems to fit.

Example. As you listen through you hear an idea that you like and fits well with the ideas in song 3, you can make a mini file of this idea, and drop it into the “Song 3” folder.

Now don’t worry if this is sounding confusing. The best thing to do to clearly understand this process is to review the chapter titled “Compiling Ideas” and to also watch the “Compiling Ideas” video tutorial. This will show you exactly what to do.

Once you’ve done this, put out your first “Creative Improvisation” session and use the “Compiling Ideas” procedure to evaluate and pull out the “gold”.

Over the next 7 days you need to do this procedure for each of the “Creative Improvisational” sessions. This means you need to do two sessions a day.

At the end of this 7 day period, you will have 14 separate folders, each containing all the ideas that relate to that song. You will also have a “random ideas” folder which contains the great ideas that don’t fit into any of the other song ideas.

This is getting exciting!

You now have the “skeletons” of the songs for your next album. And I bet that you’re impressed with the quality of these ideas! The next step is to take these ideas and arrange them so they become compelling pieces of music.

Day 23-30

You're almost at the finish line!

All that's left is to arrange your brilliant new ideas and do some final "tweaks" to add a little gloss and class to your music.

By now I don't need to remind you about reviewing your intention, because I'm getting your getting addicted to the "inspired high" and "sense of purpose" that you get from reviewing these powerful statements that have carried you through this entire process.

Ok ok. I'm going to remind you anyway! (Couldn't help myself!)

Review your intention for at least five minutes. Also...

1. See yourself achieving this intention.
2. Imagine how good it's going to feel when you achieve it.
3. Realize that reviewing this intention on a daily basis is going to allow your mind to create what's needed to fulfill the intention.

Now, let's arrange these ideas into compelling, emotion charged pieces of music.

There are two methods that you can use to do this. One is on the "creative" side of things. One is more "critical".

You can learn about these two methods by reviewing the chapters:

1. "Model The Structure Of A Great Song"-critical process
2. "Imagine Your Song As A Journey"-creative process (more in alignment with how a musical genius arranges a piece as it's more unconsciously driven)

I recommend you use arrange each song in **both** of these ways. Once you've done this, listen back and put all the best bits together. If you get stuck at any stage, review the ideas in your "Random Ideas" folder, and see if you have an idea that can tie things together.

If you're still stuck, you can use some of the "sideband response" procedures to find that "perfect" idea that will complete the song.

Once you've got the basic arrangement for the first song, perform it through, and take a rough recording of it.

Now, burn this to CD and let it sit for the moment...

Move onto song number two. Do the same procedure, ending up with a rough recording of the arrangement.

Now, instead of moving onto song number three, pull out the rough recording of song number 1.

You're now going to add the finishing touches to this song. Do this by reviewing the following chapters in the master manual.

1. "The Groove"
2. "Contrast"
3. "Transition Between Parts"

While listening to the rough recording of song one, begin to apply the ideas in these three chapters. This is what will tip the song into the "brilliant" category. This will "breathe even more life" into your "already excellent" piece of music.

Play with these ideas until you've completed the piece, and you are in love with it!

Continue the cycle...

1. Arrange Song 3
2. Add the finishing touches to Song 2
3. Arrange Song 4
4. Add the finishing touches to Song 3
5. Keep going until you've completed the whole album
6. You're done!

It will take you around half a day to a whole day to get one song finished.

Take all the time you need to get it to the point where you're really proud of it.

I know. I know. I said you could get the whole album done in 30 days.

Well, if you go at about a rate of arranging two songs a day (following the above steps) you *will* finish in 30 days. If you go a little over, don't sweat it. You've just completed what most artists wouldn't finish in a whole year. Be proud of what you've just done.

Congratulations!

You've done a great job!

You've now got an album worth of very high quality material to play with.

You can go out and perform these songs. Imagine the reaction you will get...

You can take them into a studio and record high quality versions of them. If you do this, be sure to let me know. I would *love* to hear the recordings!

If you have any comments, good or bad, be sure to email me at

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I am eager to hear from you! Good luck with your songwriting. I wish you all the best.