

Chapter 1 : calendrierdelascience.com: Richie Hawtin - From My Mind to Yours

*"This year is the 25th anniversary of Plus 8 Records, the label that John Acquaviva and I started at the beginning of our technology-fuelled journey into music.*

Potpourri This post is a little of this and a little of that. Lots of stuff on my mind. I finally finished my 52 Stories piece for this week. But I got it done! I am feeling very proud right now, not because of the story but because I was having a really rough week--lots going on, some heavy emotions, a yucky spring cold. I just wanted to hide out and read and play games. That feels so good, sitting down and doing the work even when everything was really rough. This feels like a breakthrough. And then, yesterday, I had a realization. I will be going through many of these lessons and activities over and over again. And, as with any practice, the beginning is rough, filled with skipped days and skimmed-on work. But some days the work is happening. And this is how I am building a practice. By returning to it, moving forward, keeping at it. On the third day, the activity was to get up two hours early to write. I read that, and I became argumentative, angry, agitated. But in the past I really tried to follow all those programs that tell you that you can reset your body clock and so on. I want to love it. And then came the breakthrough. I have given it a try to see what happens, and I know that getting up at 4: I am a writer, and I know this about my own process! Practice is built from perseverance, not perfection and sticking exactly to a schedule. This has been a really good week!

**Chapter 2 : 3 Stress-Busting Tips to Free Your Mind**

*From My Mind to Yours is a studio album by Richie Hawtin. It was released through Plus 8 on 11 December to celebrate the 25th anniversary of the record.*

It could be when a guitarist in a music video is doing all of those fancy riffs, and you wish you were just like them. An epiphany strikes—heat flushes your face, your heart quickens, and the ball begins to roll. No more fast food. Who needs to smoke? Time to check the Internet for the nearest music teacher. You went to the grocery store and bought all the right items. After a trip to Guitar Center, the new love of your life is sitting on the backseat in its leather case. Things go great, and your day-to-day routine becomes flawless. And then it hits. Maybe one day you wake up and realize how hard it is to be consistent in this new lifestyle. For the first time, spending the whole day doing nothing sounds appealing. And so you do it. And the next day. They say old habits die hard, and these ones returned from the grave to reclaim what was theirs. Do you want to know why this happened? I had this scene slowly coming into focus in my head, like a sculptor chipping at a block of marble, about a private investigator treading through the ruins of a hospital, trying to make sense of what at first everyone believed was a terrorist attack. I bought a notebook, ditched my next class, and ended up writing a fifteen page scene about this investigator. By the time I finished, the creative juices were flowing, and I knew where I wanted to take Richard Quincy the next time I had a chance to write. The thought of this scene turning into a full length novel occurred to me, but I never took it seriously. All I knew was that I loved reading because I loved stories, and now I felt like it was my turn to tell one. What made me come back to those lead-stained pages was my desire to continue the story. The little things were what kept me going—the happiness from completing a scene, or when a new idea for the story struck, or when the characters showed signs of life, and suddenly they were the ones making the decisions, not me. That overshadowed the happiness I knew I would inevitably feel when the entire thing was done. Weeks went by, then months passed, and after a year and a half, I finished writing the last page of my first draft. For weeks afterwards, I was on Cloud 9. A year after that, I was done editing. Want to know what I did the day after? I started page one of the next book. Not because I wanted to be the guy who could say he wrote two books, but because I wanted to write the next scene. It was because I needed to. I was no longer a guy writing a book. I was a writer. While I did change my life in a day by going to the student store and buying that notebook, it was the mentality I used that helped keep me going. This is how you should approach a lifestyle change. You need to work for that sense of accomplishment you feel after a day at the gym, or for beating your previous record of days without smoking, or for that new chord you just learned on the guitar. Yes, there will be road bumps. It took me a year and a half to write the first draft of my first book because there were many times I stopped. I struggled with the next scene. I never stopped because the idea of finishing an entire book seemed too daunting, and I always started again because I missed those moments when I chipped a little further into that block of marble. So never do it for the book. Always do it for the next scene.

**Chapter 3 : Verses for the Mind “ from my mind to yours**

*To mark the 25th anniversary of Plus 8 Records, the label has announced details of the release of From My Mind To Yours, an album featuring new music from label co-founder Richie Hawtin. Reflecting the forward-thinking ethos of the sound of Plus 8, the album collects tracks recorded over the past few months by Hawtin.*

Are you a Tapper? Brands will challenge you to discuss and showcase how you use everyday items“through photos, videos, and writing“and then reward the best submissions. But what is it that a tapper does? Your dashboard is the place that tells you what quickhits and challenges are left to complete for the month! Just ask the many tappers that are my friends on facebook! Just as quick as you complete these more will be added, its a never ending process! As you complete your quickhits you will earn points. For every points you earn you get 1 entry in a drawing for giftcards at the end of the month. Challenges can vary from writing to taking pictures to moderated discussions! You earn more points for completing challenges versus completing quickhits! So my advice is to complete as many as you possibly can! Does it really pay off? To my surprise I won two giftcards for amazon. So i thought to myself, if i was more active will it pay off? Samplings are exactly that, samples of some of the brands that are featured that month! So far I personally have received samplings from Advil and I was also selected for a brand party from Skintimate shaving cream! But you HAVE to put in the time! I spend roughly hours a week into quickhits and challenges! I also have an amazing Crowdtap family that we all work together and tap each others posts on facebook and twitter. We call ourselves "Tappers"!! Part of the challenges is sharing pictures and answering questions, we then share those on Facebook and Twitter and we "tap" the posts! The more taps, the more points.. You get the picture! To simply put it I love being a tapper!

## Chapter 4 : From My Mind to Yours

*Richie Hawtin's album using a variety of classic Plus 8 guises including Plastikman, FUSE, Robotman and more. Available now: [calendrierdelascience.com](http://calendrierdelascience.com)*

Closer We live in a world where we constantly walk away from love, but at the same time we live in a world of medication. For me, every time I medicate, I find myself frustrated with my failures. So, the medicating does the opposite for me than the desired effect. Call it guilt or whatever you may call it The ultimate cure for our disease is to be loved as if we never failed the love of One whose love never fails. And then I am pulled closer to him. From a musical standpoint, this song was an attempt to simply melt faces off. We also did some cool stuff with some very normal sounds. I think the genius move on this song, however, was the reggae bridge with a slightly out of key solo. Adam killed it on this solo Know Too often, we find ourselves awash in the reverberations of our lives. We make choices that then reverberate until, often years later, we hear echoes of ourselves. Do we make mistakes? But the mistakes we make are ultimately what forms our psyche and the personalities that we become. This lyric is simple. We make choices, and those choices have repercussions. Otherwise, deal with your own choices. Musically, this is one of those songs where I wear my influences on my sleeve. With a band called needtobreathe, the singer often goes into this cool falsetto thing that I love. For years, I have used my falsetto in live situations but not a ton on recordings. The chord progression on the verses is very Coldplay-ish, but we tried to change up the instrumentation to make it seem more original. This is one of those songs that a lot of people have said seems familiar from the first listen In a Moment Love is a two-sided beast. For every positive reaction we feel "in love", there are equal reactions of negative feelings. However, it is within a short time that things can turn around with love. The lyric is simple. I am in love, good or bad. Specifically, I want to hold her till sunrise comes along and the dark times pass. This song was a blatant attempt at writing a hit song. To my ears, it sounds like Chris Sligh is trying to write a Edwin McCain song and ended up rocking out a little more than Edwin does. One special thing about this one, though, I think is the bridge. Perhaps that is my strength: Naive I return to the idea of medication. One distinct form of medication is religion. One can rely on religion as one can rely on alcohol or any drug. Religion makes life easier to live and can act as a salve for what ails us. However, in my grapple with religion, I find myself with distinct feelings of naivety while at the same time hating my own naivety. We use all these phrases in religion that give us peace and hope, all the while ignoring the pain that the world around us is in. Ultimately however, part of faith is being able to allow oneself a bit of naivety. Logic should definitely enter the equation, and religion is a drug to be avoided, but ultimately if we believe that the Bible is true, then we grasp some semblance of naivety. And I must be okay with that. Musically, this song is very intense without necessarily being pure rock and roll. Need The Beatles once said, "love is all you need" and in reality, love is all we need Anyway, my former guitarist Chad Boyd brought this riff into practice and we jammed until we had a song. And this might be one of my better chorus hooks. Rise The lyric is pretty self-explanatory. Love changes us all when we allow it in. When we give up the pieces of our hearts, then love will change us and redemption turns us around. This song is the one that took the longest to come to fruition. I can remember writing this one and thinking that if we did it right it that this one could be a hit. So, I worked on my own with this one for a long time and finally came up with the arrangement you hear now. This one is a joy to do live and see everyone screaming out the "Whoas" at the beginning and the end of song. So, I ask myself and I ask God a lot where we can go to make the idyllic situation of life without pain work. Eden was the place where life without pain worked, and humans screwed it up with sin. The afterlife is the next answer. Originally, this lyric had been put to the music that turned into "Know". The demo rocked and when Adam laid down the opening, brooding riff, I knew we had something special. And the solo at the end of this song is simply blazing. Cry Tonight Everything that we believe in is us taking a chance on something beautiful. We never quite reach it, but we feel it, and we know its beauty. Back then it was a love song. We had never been able to find a place to record the song and I always thought it had the workings of a strong song. So, as we worked on this album, I decided to try to re-arrange and re-write the song. It ended up being a strong Brit-rock kind of track. The

guitar hook on the choruses is a nice counterpoint to the vocals. We have a disease that requires healing. In life, we constantly look for heroes We need a hero. We need a Savior. I would put Closer, Somewhere and Hero in the same class I think, musically. All of them are just balls to the wall kind of rockers. They are somewhat self-indulgent i. With this one, we attempted to add in some more interesting elements but this one just needed to be plain and simple, down and dirty rock and roll. Convenience The toughest thing about relationships is when the relationship becomes real. Then, when the relationship becomes comfortable, when it becomes convenient, we find ourselves taking the easy way out. From a musical standpoint, this would my greatest homage to bands like Radiohead, Starsailor and Muse. Melodically, the song soars into that falsetto on the chorus, and it seems to work. This is one of my favorites, also. Sometimes it seems like Love takes its time on coming back to us. From a musical standpoint, the song is a simple pop song with some punk elements. We originally recorded this song for our debut album, but it never quite met my expectations I always thought it could be a great rock song. When we started to record this album, I thought it would be cool to rework this one, so I took it up 4 keys and sped it up a great deal, then added the intro to it. Also, on the choruses, the drummer had the idea to go into half-time and it just opened the song up like crazy. Tunnel Vision The lyric is pretty simple. This song was originally just a throw away song that I wrote to have enough demos to choose from. So we added it to the album. The little Steely Dan guitar solo on the bridge was a last minute idea that is a lot of fun I ask myself, as I look around me, if this is the place that the human race - or more specifically where I - want to be. I went out of town for a while and told Adam to make magic with the song. He took it and fleshed it out into an entire song, and it sounds pretty good, I think. When we went into production, we knew we had to take the demo and step it up a little bit. So, Adam did that crazy guitar part on the 2nd chorus and I came up with the idea for a reverse piano on the verses. How Long I have this longing in me for the great beyond. I daydream about it. I dream about it, and as I get older, I realize maybe every moment I get a little closer to Love. But I still ask "how long? It starts and ends low energy, and explodes in the middle. I love a song whose melody I can sing in a lower octave then take it up an octave.

## Chapter 5 : From My Mind To Yours

*GET THE ALBUM: calendrierdelascience.com "From My Mind To Yours" The new album from Richie Hawtin using a variety of classic Plus 8 guises including Plastikman.*

Here are 3 fixes to ease your mind in no time. Are you like me? Whenever I read the paper or watch the news and see stories about war, starvation, killing rampages, rape, and other atrocities, I feel anxious and worried. In addition to worrying about the fate of the world, on a personal level, I also sometimes feel frustrated by annoying work or family relationship issues. Although I try my best to meditate every day to quiet my stress and remember my inner happiness, after 24 hours, I seem to collect a new array of fears or angers. Recently, I came across an inspirational affirmation from Deepak Chopra that has become my new mantra: I release and my heart is at peace. In that spirit, here are three super easy and quick ways to de-stress during your day: Create a Unique Daily Ritual Yes, I know, this instruction sounds so simple, but how else do you release your daily build up of nervous tension without visiting a therapist or medicating yourself? My client Virginia spent years in therapy trying to come to terms with her anger toward her unloving mother that was keeping her depressed. First, she centered herself and formed an image of her mother in her mind. Next, she imagined putting the image in an envelope, putting a stamp on it, and mailing it to God. As she created this fantasy she asked God: Do Nothingâ€On Purpose Recently, I discovered another rapid and pleasurable way to release unpleasant thoughts and feelings about disturbing people or life challenges in minutesâ€by doing nothing. All you need to do is sit comfortably, close your eyes and watch your thoughts and feelings go by for a few minutes. One morning, I was really ticked off by something my husband said and decided to use this do nothing approach. I settled myself in a comfortable chair and allowed my angry thoughts and nasty words to pass through my mind, as if they were subtitles in a foreign movie. I also noticed the physical sensations of tension in my stomach, chest and arms. As I began to imagine a scenario in which I might employ a sarcastic retort to what he said, the words started to fade away. I found myself feeling more and more relaxed until the whole situation seemed somehow unimportant. When I opened my eyes all the negative emotion had disappeared. I had no desire to keep my anger going or even refer to the event again. I achieved this in less than 3 minutes. Many people are now familiar with EFT acupressure tapping, where you simply touch or gently tap 9 acupressure points on your head and upper body to reduce or eliminate pain and stress. You can learn more about this wonderful method in my popular book Five Simple Steps to Emotional Healing. Crown of your head.

## Chapter 6 : Vulcan proverbs - Wikiquote

*Check out From My Mind To Yours by Richie Hawtin on Amazon Music. Stream ad-free or purchase CD's and MP3s now on calendrierdelascience.com*

## Chapter 7 : From My Mind To Yours : MooMooDesu : Free Download, Borrow, and Streaming : Internet Archive

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## Chapter 8 : From My Mind To Yours | Plus 8 Records

*referencing From My Mind To Yours, 2xCD, Album, Bla, PLUS Ritchie Hawtin's brings his past, to the now! This is classic back-to-basics minimal & rooted acid-techno that brings back the post rave/early morning 90's techno sound back to the limelight.*

## Chapter 9 : From My Mind to Yours - Wikipedia

*At its best, From My Mind To Yours sounds like an homage to Hawtin's golden era. At its worst, it's a competent imitation of it. At its worst, it's a competent imitation of it. This is more problematic for Hawtin than it would be for other artists.*