

Music Listening Diary: Essay

R&B, the musical world which identifies who I truly am. Ever since, at the age of five, R&B impacted in many different ways with a lot of artists who inspired me: Mary J. Blige and Alicia Keys with their pain toward their music. Everytime, I wake up, I always listen to Spotify where I listen to my favorite albums when I hit the gym and break a sweat. Sometimes, when I go through rough times, I listen to jazz and gospel music. When I'm depressed, I listen to inspirational music or when I am stressed, I listen to something in a music genre which I listen to as an instrumental music. I sometimes listen to pop, a genre that I do not enjoy on the daily basis. I usually listen to music based on my mood.

When I go to work, I do not feel R&B. I could not breathe Jazz and I would feel the noise of gospel. I feel another person. I am not myself. I heard music from the 1970's from an unknown artist. I could sometimes hear Amy Winehouse, rest her soul. The only artists which I hear, Tame Impala, everytime, when I go to Whole Foods, I feel *The Slow Rush*.

My listening habits, once again, the reaction of my mood. It is based on the lyrics. Or, it could be new music and I listen to it to memorise and understand the lyrics. I am usually an album person, I want to find an R&B album where an artist develops storytelling, not a pop record. I want to listen to, as an example, *DISC ONE* by Josh Levi, *Anniversary* by Bryson Tiller and *ALICIA* by Alicia Keys. I am always an artist who expressed their emotions where I could listen to it on a daily basis.